

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Methionine (g) ; Cystine (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 16, 2016 02:31 EDT

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	7.225	2.412
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	7.102	2.442
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	3.858	1.912
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.428	2.187
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.200	2.367
05305	Ground turkey, raw	453.6	1.0 lb	2.622	0.943
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	2.203	1.043
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	2.056	0.885
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	1.776	0.770
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.664	0.825
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	1.654	0.797
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	1.652	0.904
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	1.495	0.407
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.457	0.584
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1.450	0.634
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	1.391	0.766
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.379	0.503
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.371	0.501
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.355	0.495
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	1.323	0.976
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.320	0.660
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.290	0.477
11667	Seaweed, spirulina, dried	112.0	1.0 cup	1.287	0.741
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.285	0.688

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23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.285	0.475
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.282	0.464
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.280	0.592
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.276	0.471
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	1.273	0.485
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	1.272	0.515
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	1.271	0.588
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.271	0.910
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.259	0.456
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	1.253	0.476
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	1.222	0.599
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	1.215	0.601
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.203	0.556
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.197	0.554
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	1.186	0.487
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	1.182	0.550
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.179	0.545
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.175	0.409
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	1.174	0.634
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.157	0.439
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.150	0.435
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	1.146	0.462
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.143	0.470
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	1.143	0.572
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.130	0.464
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.130	0.546
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.130	0.658
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.129	0.521
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	1.129	0.430
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.127	0.427

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.123	--
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.123	0.519
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	1.121	0.523
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	1.121	0.518
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	1.120	0.636
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.119	0.427
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.119	0.525
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.119	0.518
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	1.107	0.452
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.104	0.454
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.104	0.454
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.101	0.461
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1.093	0.568
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.091	0.504
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.088	0.394
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	1.086	0.393
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	1.086	0.407
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.085	0.408
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.080	0.444
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.077	0.502
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.077	0.502
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.076	0.451
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.075	0.498
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.074	0.405
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1.074	0.791
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.063	0.445
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.060	0.490
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	1.059	0.525

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23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	1.058	0.525
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	1.057	0.489
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.056	0.439
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.055	0.495
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.055	0.490
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	1.054	0.558
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.053	0.356
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.053	0.487
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.052	0.506
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.051	0.486
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.051	0.585
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	1.048	0.393
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.047	0.487
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	1.043	0.466
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.037	0.503
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.035	0.405
01040	Cheese, swiss	132.0	1.0 cup, diced	1.035	0.383
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	1.029	0.374
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.029	0.475
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.028	0.372
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	1.024	0.318
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.023	0.426
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.019	0.369
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.019	0.496
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.019	0.474
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.017	1.218
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	1.017	0.471
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.016	0.510
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	1.010	0.449
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.007	0.465
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.000	0.377
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.000	0.412

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10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.999	0.411
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.985	0.465
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.977	0.371
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.977	0.515
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.975	0.353
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.975	0.365
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.971	0.352
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.970	0.448
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.969	0.480
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.969	0.177
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.969	0.448
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.965	--
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.963	0.477
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.952	0.469
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.951	0.427
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.948	0.510
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.943	0.394
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.942	0.341
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.938	--
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.937	0.399
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.935	0.496
01020	Cheese, fontina	132.0	1.0 cup, diced	0.932	0.345
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.931	0.383
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.931	0.383
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.929	--
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.927	0.450
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.925	0.528
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.925	0.521
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.924	0.336
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.924	0.371
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.923	0.525
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.920	0.461
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.914	0.349

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36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.911	0.405
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.908	0.351
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.907	0.419
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.906	0.436
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.906	0.153
01035	Cheese, provolone	132.0	1.0 cup, diced	0.906	0.153
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.904	0.449
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.903	0.252
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.902	0.417
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.901	0.361
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.901	0.473
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.900	0.326
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.899	0.350
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.899	0.434
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.899	0.445
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.898	0.398
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.897	--
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.896	0.223
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.896	0.324
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.892	--
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.892	0.359
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.891	--
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.889	0.322
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.889	0.322
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.889	0.505
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.888	0.365
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.884	0.361
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.883	0.211
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.878	0.361
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.876	0.613
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.875	--
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.875	--
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.873	--
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.870	0.349
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.868	0.347

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15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.864	0.314
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.863	0.358
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.861	0.346
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.859	--
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.855	0.351
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.851	0.546
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.849	0.222
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.848	0.541
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.846	0.392
01025	Cheese, monterey	132.0	1.0 cup, diced	0.846	0.162
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.845	0.353
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.845	0.311
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.844	0.516
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.843	--
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.842	--
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.842	--
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.842	0.337
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.841	0.320
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.840	0.472
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.839	--
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.837	0.343
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.836	--
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.835	--
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.835	0.303
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.834	0.318
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.834	--
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.833	--
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.830	--
01024	Cheese, limburguer	134.0	1.0 cup	0.829	0.147
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.829	--
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.827	0.332
20142	Teff, uncooked	193.0	1.0 cup	0.826	0.455
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.825	0.470

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.824	--
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.824	--
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.823	0.381
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.823	0.381
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.823	0.314
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.822	0.438
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.822	0.348
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.821	0.335
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.821	--
01011	Cheese, colby	132.0	1.0 cup, diced	0.821	0.157
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.820	0.335
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.820	0.329
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.820	--
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.818	--
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.817	0.975
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.817	0.975
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.815	0.422
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.811	--
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.808	0.305
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.808	--
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.806	0.337
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.805	0.294
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.805	--
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.804	0.322
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.803	0.293
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.803	0.322
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.803	0.190
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.801	0.321
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.801	0.199
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.801	0.292
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.801	0.389
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.800	0.396
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.799	0.563

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure	
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.799	0.321	
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.798	--	
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.798	--	
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		0.798	0.401
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.797	--	
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.796	0.303	
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.796	0.381	
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.796	0.291	
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.795	0.303	
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.793	0.290	
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.793	0.302	
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.793	0.300	
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.792	0.386	
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.792	--	
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.792	--	
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.792	0.318	
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.791	0.284	
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.791	0.317	
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.791	0.317	
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.791	--	
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.790	0.287	
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.790	0.318	
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila		0.789	0.406
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.789	0.391	
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.789	--	
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.789	0.285	
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.788	1.274	
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.788	0.300	
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.788	--	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.787	0.413
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.786	0.344
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.786	0.299
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.786	0.344
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.786	0.287
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.785	0.295
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.784	--
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.783	0.367
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.783	0.136
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.782	0.283
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.782	--
01173	Egg, white, dried	28.0	1.0 oz	0.781	0.589
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.781	0.314
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.780	0.285
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.779	0.284
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.779	0.297
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.779	0.297
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.778	0.428
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.777	--
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.777	0.283
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.777	0.284
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.777	--
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.777	0.343
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.776	0.147
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.776	0.147
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.775	0.311
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.775	0.360

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.775	0.339
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.775	0.339
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.775	0.310
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.774	0.441
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.774	0.277
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.774	0.310
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.774	0.383
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.773	0.350
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.773	0.310
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.772	0.294
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.772	0.310
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.771	0.280
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.770	0.357
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.769	0.293
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.769	--
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.769	0.361
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.768	0.308
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.767	0.290
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.767	0.280
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.766	--
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.766	0.280
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.765	--
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.765	0.292
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.764	0.346
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.764	0.382
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.763	0.780
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.763	--
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.763	0.306

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure	
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.762	0.291	
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.762	--	
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.762	--	
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.762	--	
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.762	0.290	
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.762	0.289	
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.762	0.377	
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.761	0.305	
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.761	0.278	
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.760	0.305	
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.760	0.484	
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.759	0.305	
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.759	0.286	
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)		0.758	0.303
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.757	0.276	
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.757	0.304	
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.757	0.304	
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.755	0.275	
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.754	0.287	
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)		0.754	0.316
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.754	0.302	
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.753	0.302	
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.753	0.147	
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.753	0.281	
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.753	0.329	
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.753	0.373	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.753	0.302
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.752	0.278
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.752	0.273
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.751	0.372
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.751	--
01030	Cheese, muenster	132.0	1.0 cup, diced	0.751	0.174
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.751	0.090
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.751	0.372
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.751	0.371
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.751	0.286
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.751	0.283
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.750	0.301
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.749	0.301
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.749	--
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.749	0.340
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.749	0.426
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.749	0.277
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.748	--
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.747	0.327
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.747	0.276
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.747	0.296
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.747	0.285
01005	Cheese, brick	132.0	1.0 cup, diced	0.746	0.173
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.746	0.371
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.745	0.298
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.744	0.271
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.744	0.349
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.744	0.368

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.743	0.311
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.743	0.298
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.743	0.345
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.743	0.368
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.742	0.306
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.742	0.325
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.741	0.297
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.741	--
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.740	0.280
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.740	0.282
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.740	0.270
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.740	--
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.739	0.297
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.739	0.883
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.739	--
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.739	0.366
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.739	0.366
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.737	0.278
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.736	0.365
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.736	0.278
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.735	0.342
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.734	0.264
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.734	0.280
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.734	0.417
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.733	0.294

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.733	0.581
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.733	0.320
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.733	0.265
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.732	0.261
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.732	0.363
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.731	0.306
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.730	0.291
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.730	0.278
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.729	0.292
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.729	0.251
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.728	0.266
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.728	0.291
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.728	0.292
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.728	0.275
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.728	0.352
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.728	0.361
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.728	0.276
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.727	0.164
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.727	0.360
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.726	0.319
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.726	0.276
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.726	0.272
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.725	0.360
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.725	0.298

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.725	0.260
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.725	0.264
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.724	0.359
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.722	0.298
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.722	0.412
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.722	0.162
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.722	0.358
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.722	0.274
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.722	0.274
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.722	0.295
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.720	0.428
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.719	0.262
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.719	0.311
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.719	0.271
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.719	0.269
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.718	0.314
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.717	0.347
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.717	0.271
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.717	0.438
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.717	0.438
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.716	0.292
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.716	0.246
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.716	0.287
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.716	0.333
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.715	0.261
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.715	0.261

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.714	0.111
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.714	0.260
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.714	0.260
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.713	0.354
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.713	0.310
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.712	0.291
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.712	0.223
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.711	0.260
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.711	0.285
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.711	0.260
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.711	0.232
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.711	--
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.711	--
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.711	0.268
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.710	0.257
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.709	0.513
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.709	0.258
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.709	0.269
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.709	0.286
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.709	0.343
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.709	0.512
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.708	0.255
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.708	0.292
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.708	0.284
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.707	0.258
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.706	0.268
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.706	0.265

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.706	0.278
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.706	0.256
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.706	0.254
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.706	0.328
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.706	0.264
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.705	0.260
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.704	0.255
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.704	0.290
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.704	0.266
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.703	0.255
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.703	--
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.702	0.353
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.702	0.386
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.702	0.386
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.702	0.294
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.701	0.256
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.701	0.281
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.701	0.508
20088	Wild rice, raw	160.0	1.0 cup	0.701	0.278
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.700	0.264
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.700	0.264
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.700	0.262
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.699	0.281
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.698	0.264
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.698	0.257

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.698	0.263
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.698	0.255
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.697	0.262
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.697	0.280
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.696	--
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.696	0.264
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.696	0.368
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.696	0.384
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.695	0.279
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.695	0.263
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.695	0.351
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.695	0.362
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.695	0.278
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.694	0.263
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.694	0.253
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.694	0.262
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.694	0.300
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.694	0.306
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.693	0.253
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.693	0.253
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.693	0.285
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.693	0.252
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.693	0.253
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.693	0.335

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.692	0.263
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.691	0.252
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.690	0.261
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.690	0.284
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.689	0.253
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.689	0.298
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.689	0.302
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.689	0.249
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.689	0.283
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.688	--
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.688	0.348
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.688	0.255
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.688	0.261
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.688	0.261
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.688	0.341
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.688	0.254
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.687	--
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.686	0.253
15022	Fish, cusk, raw	122.0	1.0 fillet	0.686	0.249
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.685	0.345
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.685	0.248
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.684	0.330
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.684	0.252
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.684	0.286
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.683	0.331
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.683	0.256
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.683	0.258
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.683	0.252

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.683	--
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.683	0.247
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.683	0.256
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.683	0.257
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.683	0.280
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.683	0.255
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.682	0.285
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.682	0.337
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.682	0.252
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.682	0.256
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.682	0.495
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.681	0.273
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.681	0.288
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.680	0.298
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.680	0.250
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.680	0.273
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.679	0.257
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.679	0.258
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.679	0.337
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.679	0.500
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.678	0.249
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.678	0.315
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.678	0.337
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.678	0.272

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.677	0.272
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.677	0.257
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.677	0.243
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.677	0.279
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.677	0.266
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.677	0.385
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.677	0.249
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.677	0.271
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.677	--
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.677	0.298
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.677	0.335
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.677	0.256
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.677	0.278
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.676	0.247
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.676	0.253
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.676	0.335
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.676	0.335
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.675	0.488
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.675	0.254
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.675	0.272
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.675	0.307
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.675	0.384
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.675	0.489
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.675	0.271
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.673	--
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.673	0.326
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.673	0.270

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.673	0.287
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.672	0.333
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.672	0.276
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.672	0.276
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.672	0.276
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.672	0.266
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.672	0.276
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.671	0.245
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.671	0.275
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.671	0.332
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.670	0.244
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.670	0.244
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.670	0.241
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.670	0.241
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.670	0.241
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.670	0.245
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.670	0.275
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.669	0.253
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.669	0.247
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.668	0.322
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.668	0.275
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.668	0.246
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.668	0.323
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.668	0.247
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.668	0.295
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.668	0.275
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.668	0.609
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.667	0.241

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.667	0.241
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.667	0.232
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.667	0.323
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.667	0.414
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.667	0.268
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.666	0.231
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.666	0.222
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.666	0.246
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.666	0.274
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.666	0.246
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.666	0.252
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.666	0.330
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.666	0.268
16117	Soy flour, defatted	105.0	1.0 cup	0.666	0.795
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.666	0.532
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.666	0.274
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.666	0.250
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.666	0.322
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.666	0.267
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.665	0.272
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.665	0.419
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.665	0.249
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.664	0.267
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.664	0.246
15006	Fish, burbot, raw	116.0	1.0 fillet	0.664	0.240
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.663	0.280
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.663	0.309

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.663	0.320
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.663	0.273
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.663	0.241
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.663	0.320
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.662	0.378
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.662	0.272
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.662	0.240
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.662	0.328
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.662	0.247
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.662	0.479
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	0.661	0.376
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.661	0.240
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.661	--
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.661	0.238
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.660	0.171
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.660	0.241
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.660	0.280
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.660	0.247
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.660	0.269
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.660	0.239
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.659	0.279
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.659	0.326
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.658	0.326
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.658	0.318
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.658	0.240
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	0.658	0.374
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.657	0.246

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.657	0.270
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.657	0.249
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.657	0.270
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.657	0.264
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.657	0.240
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.657	0.247
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.657	0.292
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.657	0.240
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.656	0.242
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.656	0.326
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.656	0.249
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.656	0.265
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.655	0.242
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.655	0.297
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.655	0.235
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.655	0.237
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.655	0.246
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.655	0.304
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.655	0.237
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.655	0.239
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.654	0.315
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.653	0.471
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.653	0.522
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.653	0.262
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.653	0.269
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.653	0.324

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.652	0.269
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.652	0.317
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.652	0.244
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.652	0.263
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.651	0.288
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.651	--
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.651	0.322
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.651	0.268
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.651	0.266
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.650	0.273
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.649	0.235
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.649	0.322
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.649	0.234
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.649	0.260
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.649	0.468
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.649	0.256
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.649	0.312
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0.648	0.992
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.648	0.243
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.648	0.243
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.648	0.314
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.648	0.325
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.648	0.233
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.648	0.236
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.647	0.235
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.647	0.320
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.647	0.245

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.647	0.320
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.647	0.320
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.647	0.299
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.646	0.252
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.646	0.258
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.646	0.270
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.646	0.233
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.646	0.325
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.646	0.303
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.645	0.304
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.645	0.272
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.645	0.284
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.645	0.300
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.644	0.310
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.644	0.241
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.644	0.241
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.644	0.238
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.644	0.371
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.643	0.311
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.643	0.326
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.643	0.258
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.643	0.319
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.643	0.265
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.643	0.299
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.643	0.244
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.643	0.309
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.643	0.309

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure	
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.643	0.264	
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.643	0.243	
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.643	0.319	
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.643	0.264	
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.642	0.231	
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.642	0.231	
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.642	0.232	
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.642	0.298	
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.641	0.317	
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.641	0.240	
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.641	0.241	
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.641	0.318	
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.640	0.536	
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.640	0.311	
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.640	0.320	
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.640	0.232	
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.640	0.416	
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.640	0.255	
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.640	0.270	
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)		0.640	0.288
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.639	0.273	
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.639	0.317	
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.639	0.298	
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.639	0.223	
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.638	0.242	
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.638	0.234	
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.638	0.239	
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.638	0.267	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure	
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.638	0.239	
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.638	0.255	
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.637	0.276	
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.637	0.241	
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.637	0.279	
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.637	--	
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.636	0.269	
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.636	0.308	
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.636	0.269	
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.636	0.230	
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.636	0.241	
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		0.636	0.316
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.635	0.269	
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.635	0.235	
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.634	0.462	
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.634	0.269	
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.634	0.314	
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.634	0.239	
05158	Quail, meat only, raw	92.0	1.0 quail	0.634	0.350	
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.634	0.229	
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.633	0.241	
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.633	0.241	
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.633	0.287	
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin		0.633	0.261
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.632	0.306	
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.632	0.252	
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.632	0.306	
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.632	0.240	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure	
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.632	0.284	
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.632	0.234	
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.631	0.239	
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.631	0.293	
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.631	0.267	
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.631	0.252	
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.631	0.456	
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.630	0.250	
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.630	0.233	
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.630	0.239	
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.630	0.238	
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.630	0.304	
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.630	0.239	
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		0.629	0.312
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.629	0.238	
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.629	0.240	
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.629	0.258	
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.629	0.226	
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.629	0.303	
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.629	0.259	
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.629	0.239	
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.629	0.224	
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.629	0.238	
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.629	0.240	
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.628	0.258	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.628	0.236
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.628	0.263
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.628	0.313
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.627	0.247
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.627	0.227
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.627	0.252
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.627	0.229
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.626	0.310
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.626	0.219
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.626	0.310
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.626	0.357
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.626	0.252
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.626	0.237
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.626	0.274
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.626	0.291
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.626	0.238
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.625	1.010
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.625	0.255
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.625	0.257
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.625	0.234
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.625	0.236
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.625	0.262
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.625	0.226
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.624	0.257
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.624	0.236

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.624	0.261
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.624	0.252
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.624	0.451
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.624	0.256
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.624	0.247
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.623	0.309
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.623	0.300
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.623	0.230
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.623	0.362
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.623	0.250
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.623	0.250
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.622	0.261
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.622	0.289
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.622	0.235
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.621	0.308
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.621	0.234
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.621	0.225
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.621	0.308
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.621	0.249
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.621	0.256
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.621	0.249
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.621	0.225
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.620	0.235
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.620	0.235
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.620	0.308
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.620	0.235

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.620	0.300
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.620	0.235
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.620	0.307
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.620	0.300
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.620	0.307
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.619	0.271
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.619	0.262
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.619	0.262
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.619	0.307
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.619	0.287
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.619	0.307
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.619	0.235
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.619	0.254
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.619	0.204
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.619	0.259
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.618	0.310
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.618	0.235
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.618	0.235
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.618	0.235
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.618	0.286
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.617	0.223
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.617	0.254
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.617	0.275
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.617	0.287
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.617	0.306
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.617	0.224
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.617	0.214

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.616	--
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.616	0.266
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.616	0.223
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.616	0.223
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.616	0.223
05641	Ostrich, ground, raw	109.0	1.0 patty	0.616	0.227
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.615	0.297
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.615	0.223
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.615	0.227
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.615	0.243
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.615	0.286
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.615	0.234
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.615	0.225
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.615	0.305
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.615	0.286
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.615	0.305
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.615	0.230
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.615	0.304
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.615	0.286
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.614	0.230
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.613	0.260
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.613	0.304
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.613	0.222
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.613	0.303
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.613	0.257
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.612	0.303

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.612	0.285
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.612	0.246
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.611	0.256
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.611	0.233
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.611	0.233
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.610	0.267
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.610	0.267
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.610	0.225
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.610	0.267
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.610	0.252
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.610	0.245
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.610	0.222
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.609	0.302
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.609	0.251
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.609	0.303
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.609	0.302
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.609	0.255
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.609	0.302
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.609	0.302
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.609	0.303
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.609	0.487
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.609	0.189
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.609	0.335
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.609	0.230

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.608	0.281
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.608	0.292
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.608	0.294
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.607	0.301
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.607	0.243
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.606	0.221
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.606	0.244
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.606	0.226
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.606	0.242
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.606	0.262
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.606	0.257
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.606	0.266
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.606	0.292
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.606	0.300
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.606	0.280
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.605	--
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.605	0.253
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.605	0.292
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.605	0.230
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.605	0.249
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.605	0.265
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.604	0.300
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.604	0.299
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.604	0.224
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.604	0.281

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.604	0.255
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.604	0.515
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.603	0.272
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.603	0.230
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.603	0.253
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.603	0.299
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.603	0.280
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.603	0.299
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.603	0.283
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.603	0.268
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.603	0.241
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.603	0.223
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.603	0.298
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.603	0.298
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.603	0.223
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.603	0.225
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.602	0.436
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.602	0.220
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.602	0.292
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.602	0.227
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.602	0.298
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.602	0.230
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.602	0.290
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.602	0.292

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.601	0.263
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.601	0.282
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.601	0.298
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.601	0.298
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.601	0.304
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.601	0.358
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.600	0.268
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.600	0.228
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.600	0.289
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.600	0.263
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.600	0.298
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.600	0.222
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.599	0.262
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.599	0.227
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.599	0.216
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.599	0.252
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.599	0.216
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.599	0.262
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.599	0.216
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.599	0.262
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.598	0.221
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.598	0.221
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.598	0.280
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.598	0.290
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.598	0.246
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.598	0.246

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.598	0.225
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.598	0.297
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.598	0.261
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.597	0.216
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.597	0.296
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.597	0.289
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.597	0.239
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.597	0.240
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.597	0.246
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.596	0.205
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.596	0.239
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.596	0.266
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.595	0.238
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.595	0.260
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.595	0.239
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.595	0.295
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.595	0.227
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.595	0.227
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.595	0.206
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.594	0.220
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.594	0.215
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.594	0.279
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.594	0.215
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.594	0.215
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.594	0.258
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.593	0.294
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.593	0.294

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.593	0.259
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.593	0.246
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.593	--
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.592	0.312
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.592	0.293
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.592	0.293
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.592	0.435
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.592	0.392
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.592	0.296
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.592	0.262
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.592	0.224
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.592	0.153
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.592	0.275
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.592	0.277
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.592	0.225
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.591	0.473
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.591	0.264
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.591	0.236
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.591	0.218
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.590	0.330
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.590	0.263
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.590	0.236
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.590	0.213
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.590	0.286
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.589	0.292
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.589	0.162
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.589	0.425

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.588	0.292
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.588	0.274
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.588	0.292
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.588	0.220
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.588	0.161
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.588	0.213
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.588	0.223
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.587	0.248
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.587	0.211
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.587	0.224
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.587	0.257
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.587	0.257
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.587	0.246
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.587	0.536
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.587	0.536
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.587	0.270
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.586	0.224
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.586	0.243
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.586	0.212
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.586	0.271
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.586	0.213
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.586	0.247
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.586	0.235
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.586	0.223
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.586	0.290
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.586	0.235
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.585	0.219

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.585	0.258
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.585	0.290
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.585	0.247
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.585	0.290
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.584	0.290
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.584	0.220
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.584	0.222
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.584	0.578
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.583	0.222
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.583	0.221
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.583	0.214
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.583	0.263
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.583	0.289
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.583	0.234
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.583	0.271
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.583	--
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.582	0.255
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.582	0.211
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.582	0.288
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.582	0.240
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.582	0.273
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.582	0.220
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.582	0.220
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.582	0.288

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.582	0.233
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.581	0.273
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.581	0.222
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.581	0.233
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.581	0.344
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.581	0.221
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.581	0.221
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.580	0.202
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.580	0.209
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.580	0.209
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.580	0.239
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.580	0.269
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.580	0.209
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.579	0.260
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.579	0.287
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.579	0.232
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.578	0.280
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.578	0.280
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.578	0.279
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.578	0.244
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.578	0.449
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.577	0.232
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.577	0.218
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.577	0.218
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.577	0.270
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.577	0.286

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.577	0.220
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.577	0.129
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.576	0.244
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.576	0.268
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.576	0.230
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.576	0.219
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.576	0.211
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.575	0.243
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.575	0.277
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.575	0.208
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.575	0.394
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.575	0.230
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.575	0.219
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.575	0.214
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.575	0.208
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.575	0.230
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.575	0.207
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.575	0.207
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.575	0.207
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.574	0.251
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.574	--
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.573	0.212
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.573	0.207
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.573	0.209
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.573	0.230
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.573	--
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.573	0.229
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.572	0.265
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.572	0.214
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.572	0.332

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure	
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.572	0.284	
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.571	0.365	
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.571	0.266	
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.571	0.215	
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.570	0.265	
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.570	0.228	
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.570	0.229	
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.570	0.267	
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.570	0.215	
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.570	0.215	
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.570	0.207	
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.570	0.212	
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		0.569	0.263
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.569	0.206	
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.569	0.264	
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.569	0.215	
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.569	0.234	
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.568	0.389	
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.568	0.226	
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.568	0.281	
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.568	0.439	
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.568	0.228	
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.567	0.227	
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.567	0.239	
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.566	0.215	
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.566	0.233	
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.566	0.205	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.566	0.213
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.566	0.216
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.565	0.231
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.565	0.247
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.565	0.274
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.565	0.239
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.565	0.182
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.565	0.261
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.564	0.226
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.564	0.246
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.564	0.265
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.564	0.272
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.564	0.266
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.563	0.205
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.563	0.213
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.563	--
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.563	0.231
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.563	0.246
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.563	0.207
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.561	0.388
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.560	0.225
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.560	0.272
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.560	0.263
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.560	0.277
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.559	0.434
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.559	0.246
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.559	0.224
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.559	0.229

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.559	0.212
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.558	0.224
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.558	0.205
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.558	0.211
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.558	0.211
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.558	0.224
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.558	0.289
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.558	0.259
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.557	0.258
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.557	0.210
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.557	0.269
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.557	0.208
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.557	0.208
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.556	0.271
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.556	0.258
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.556	0.201
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.556	0.269
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.556	0.260
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.555	0.258
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.555	0.260
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.555	0.222
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)		0.204
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin		0.444
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.554	0.207
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.554	0.268
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.553	0.190
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.553	0.201

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.553	0.296
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.553	0.442
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.553	--
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.552	0.257
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.552	0.259
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.552	0.227
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.552	0.125
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.552	0.285
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.552	0.221
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.552	0.152
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.552	0.221
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.552	0.209
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551	0.207
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.551	0.209
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551	0.207
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.551	0.256
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.551	0.278
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.551	0.201
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.550	0.241
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.549	0.258
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.549	0.266
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.549	0.208
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.549	0.190
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.549	0.255
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.548	0.220
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.548	0.253
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.548	0.207
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.548	0.417

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.548	0.205
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.548	0.197
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.547	0.207
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.547	0.257
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.547	0.207
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.547	0.205
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.547	0.265
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.547	0.271
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.547	0.259
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.547	0.207
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.545	0.283
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.545	0.207
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.545	0.205
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.545	0.204
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.545	0.230
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.545	0.263
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.545	0.218
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.544	0.197
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.544	0.253
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.544	0.253
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.543	0.198
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.543	0.269
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.543	0.198

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.543	0.200
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.543	0.252
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.543	0.200
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.543	0.198
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.543	0.205
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.543	0.205
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.542	0.235
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.542	0.237
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.542	0.207
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.542	0.262
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.541	0.205
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.541	0.252
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.541	0.254
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.541	0.205
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.541	0.275
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.541	0.292
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.541	0.203
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.541	0.203
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.541	0.203
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.541	0.272
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.540	0.558
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.540	0.203
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.540	0.196
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.540	0.251

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.540	0.203
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.539	0.196
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.539	0.196
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.539	0.252
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.539	0.196
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.539	0.196
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.539	0.201
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.539	0.252
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.538	0.235
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.538	0.205
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.538	0.201
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.538	0.215
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.538	0.490
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.538	0.490
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.538	0.490
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.537	0.422
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.537	0.273
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.537	0.201
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.537	0.250
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.537	0.250
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.537	0.186
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.536	0.236
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.536	0.215
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.536	0.279
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.536	0.220
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.536	0.196
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.536	0.196
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.536	0.201

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.536	0.203
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.536	0.260
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.535	0.212
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.535	0.194
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.535	0.200
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.535	0.201
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.535	0.249
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.534	0.250
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.533	0.221
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.533	0.397
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.533	0.219
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.533	0.248
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.533	0.199
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.533	0.248
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.533	0.225
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.533	0.225
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.533	0.248
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.532	0.186
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.532	0.199
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.532	0.196
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.532	0.247
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.532	0.194
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.531	0.218
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.531	0.199

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.531	0.232
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.531	0.269
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.531	--
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.531	0.327
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.530	0.199
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.530	0.250
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.530	0.193
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.530	0.334
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.530	0.208
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.530	0.201
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.529	0.248
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.528	0.193
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.528	0.193
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.528	0.193
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.528	0.191
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.528	0.193
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.528	0.200
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.527	0.461
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.527	0.191
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.527	0.198
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.527	0.192
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.526	0.456
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.526	0.212
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.526	0.192
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.526	0.190
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.526	0.190
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.526	0.190
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.526	0.328

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.525	0.211
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.525	0.210
20035	Quinoa, uncooked	170.0	1.0 cup	0.525	0.345
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.525	0.230
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.525	0.198
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.525	0.216
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.525	0.196
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.525	0.267
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.525	0.192
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.524	0.194
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.524	0.220
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.524	0.219
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.524	0.193
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.524	0.216
20078	Wheat germ, crude	115.0	1.0 cup	0.524	0.527
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.524	0.190
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.524	0.190
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.524	0.191
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.524	0.198
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.523	0.334
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.523	0.197
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.523	0.192
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.523	0.229
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.523	0.191
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.523	0.297
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.522	0.289
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.522	0.199
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.522	0.209

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.522	0.252
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.522	0.252
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.521	0.196
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.521	0.189
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.521	0.190
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.521	0.377
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.520	0.242
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.520	0.228
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.520	0.228
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.520	0.228
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.520	0.195
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.520	0.190
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.520	0.279
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.519	0.190
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.519	0.190
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.518	0.190
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.518	0.251
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.518	0.243
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518	0.189
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.518	0.188
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.518	0.133
15053	Fish, milkfish, raw	85.0	3.0 oz	0.517	0.187
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.516	0.358
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.516	0.187
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516	0.191
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516	0.194

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.515	0.227
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.515	0.250
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.515	0.216
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.515	0.243
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.515	0.186
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.515	0.196
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.515	0.190
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.515	0.187
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.515	0.337
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.514	0.196
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.514	0.196
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513	0.193
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.513	0.241
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513	0.193
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.513	0.159
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.513	0.238
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.513	0.247
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513	0.187
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.513	0.222
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.512	0.185
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.512	--
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.512	0.247
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.512	0.189
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.512	0.188
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.512	0.224
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.512	0.205
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.511	0.357
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.511	0.247
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.511	0.238
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.511	0.253

NDB_No	Description	Weight(g)		Measure	Methionine(g Per Measure	Cystine(g Per Measure
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.511	0.186
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0		3.0 oz	0.511	0.224
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.511	0.189
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0		3.0 oz	0.511	0.240
15049	Fish, mackerel, king, raw	85.0		3.0 oz	0.510	0.184
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0		3.0 oz	0.510	0.191
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.510	0.189
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.510	0.191
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0		3.0 oz	0.510	0.213
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0		3.0 oz	0.510	0.246
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0		3.0 oz	0.509	0.185
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0		3.0 oz	0.509	0.223
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		0.509	0.247
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0		3.0 oz	0.508	0.246
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.508	0.190
15097	Fish, sheepshead, raw	85.0		3.0 oz	0.508	0.184
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0		3.0 oz	0.508	0.246
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0		3.0 oz	0.508	0.188
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0		3.0 oz	0.508	0.209
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0		3.0 oz	0.507	0.193
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0		3.0 oz	0.507	0.252
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0		3.0 oz	0.507	0.252
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0		3.0 oz	0.507	0.236
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0		1.0 serving (3 oz)	0.507	0.238
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0		3.0 oz	0.507	0.269
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0		3.0 oz crumbled	0.507	0.213
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0		3.0 oz	0.507	0.212
15079	Fish, salmon, chum, raw	85.0		3.0 oz	0.507	0.184

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.506	0.184
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.506	0.184
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.506	0.212
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.506	0.192
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.506	0.528
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.506	0.528
05621	Emu, ground, raw	117.0	1.0 patty	0.505	0.192
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.505	--
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.505	--
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.505	0.187
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.505	0.212
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.505	0.207
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.505	0.244
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.505	0.183
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.505	0.183
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.505	0.184
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.504	0.184
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.504	0.207
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.504	0.192
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.504	0.250
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.503	0.234
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.503	0.182
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.503	0.189
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.503	0.211
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.503	0.233
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.503	0.234
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.502	0.220
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.502	0.243
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.502	0.264
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.502	0.219

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.502	0.175
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.501	0.457
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.501	0.457
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.501	0.233
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.501	0.219
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.500	0.181
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.500	0.361
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.500	0.209
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.500	0.180
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.500	0.200
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.500	0.231
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.500	0.188
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.500	0.253
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.500	0.211
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.499	0.200
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.499	0.241
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.499	0.181
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.499	0.241
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.499	0.182
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.499	0.180
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.498	0.178
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.498	0.435
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.498	0.435
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.498	0.233
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.498	0.512
15110	Fish, swordfish, raw	85.0	3.0 oz	0.498	0.180
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.498	0.188
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.498	0.180
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.497	0.201
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.497	0.205
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.497	0.218
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.497	0.593

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.496	0.217
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.496	0.184
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.496	0.168
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.496	--
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.496	--
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.496	0.217
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.496	0.233
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.496	0.217
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.495	0.232
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.495	0.203
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.495	0.230
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.495	0.217
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.494	0.735
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.494	0.184
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.494	0.185
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.493	0.196
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.493	0.230
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.493	0.184
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.492	0.215
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.492	0.229
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.492	0.184
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.492	0.238
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.492	0.233
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.492	0.202
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.492	0.120
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.491	0.215

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.491	0.229
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.491	0.229
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.491	0.230
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.490	0.181
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.490	0.257
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.490	0.186
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.490	0.230
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.490	0.236
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.490	0.206
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.490	0.214
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.490	0.135
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.490	0.243
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.490	0.238
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.490	0.177
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.490	0.184
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.490	0.285
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.490	0.181
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.490	0.214
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.489	0.205
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.489	0.178
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.489	0.167
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.489	0.177
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.488	0.177
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.488	0.196
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.488	0.178
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.488	0.177
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.488	0.257

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.488	0.213
20038	Oats	156.0	1.0 cup	0.487	0.636
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.486	0.180
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.486	0.184
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.486	0.180
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.486	0.203
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.486	0.241
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.486	0.176
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.485	0.224
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.485	0.214
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.485	0.226
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.485	0.183
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.485	0.195
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.485	0.176
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.485	0.255
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.485	0.158
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.484	0.175
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.484	0.179
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.484	0.212
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.484	0.212
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.484	0.203
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.484	0.229
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.484	0.234
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.484	0.202
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.484	0.181
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.483	0.224
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.482	0.422
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.482	0.232

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.482	0.211
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.482	0.182
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.481	0.176
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.481	0.163
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.481	0.174
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.481	0.239
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.481	0.223
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.480	0.238
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.480	0.174
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.480	0.175
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.479	0.201
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.479	0.173
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.479	0.197
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.479	0.173
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.479	0.221
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.478	0.500
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.478	0.500
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.478	0.200
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.478	0.179
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.478	0.236
15044	Fish, ling, raw	85.0	3.0 oz	0.478	0.173
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.478	0.236
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.478	0.209
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.478	0.237
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.477	0.316
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.477	0.174
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.477	0.198
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.476	0.212
20131	Barley malt flour	162.0	1.0 cup	0.476	0.254
15033	Fish, haddock, raw	85.0	3.0 oz	0.476	0.173
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.476	0.221

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.476	0.178
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.476	0.181
15090	Fish, scup, raw	85.0	3.0 oz	0.475	0.172
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.475	0.230
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.474	0.235
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.474	0.235
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.474	0.227
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.474	0.327
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.473	0.235
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.473	0.222
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.473	0.179
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.473	0.171
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.473	0.171
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.473	0.234
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.472	0.218
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.472	0.179
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.472	0.198
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.472	0.173
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.472	0.194
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.472	0.194
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.471	0.129
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.471	0.228
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.471	0.233
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.471	0.172
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.471	0.178
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.470	0.233
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.470	0.233
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.470	0.233
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.469	0.287
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.469	0.248
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.469	0.177

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.469	0.205
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.469	0.272
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.469	0.205
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.469	0.489
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.468	0.232
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.468	0.178
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.468	0.318
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.468	0.232
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.467	0.575
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.467	0.169
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.467	0.231
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.466	0.168
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.466	0.174
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.465	0.275
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.465	0.178
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.465	0.205
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.465	0.172
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.464	0.167
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.464	0.168
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.464	0.230
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.464	0.192
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.463	0.230
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.463	0.171
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.463	0.171
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.463	0.172
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.463	0.190
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.463	0.167
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.463	0.171

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.462	0.174
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.462	0.171
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.462	0.171
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.462	0.175
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.462	0.320
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.462	0.218
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.462	0.217
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.462	0.218
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.461	0.375
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.461	0.375
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.461	0.150
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.461	0.214
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.461	0.228
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.461	0.170
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.461	0.201
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.460	0.296
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.460	0.228
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.460	0.180
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.459	0.228
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.459	0.172
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.459	0.174
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.459	0.172
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.459	--
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.459	0.803
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.458	0.178
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.458	0.227
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.458	0.169
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.458	0.169

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.458	0.171
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.458	0.183
16106	Meat extender	88.0	1.0 cup	0.458	0.552
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.457	0.226
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.457	0.227
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.457	0.226
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.457	0.173
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.457	0.226
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.457	0.227
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.457	0.172
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.457	0.392
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.457	0.189
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.456	0.163
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.456	0.226
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.456	0.226
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.456	0.265
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.456	0.168
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.456	0.168
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.456	0.165
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.456	0.279
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.456	0.168
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.456	0.168
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.455	0.168
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.454	0.215
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.454	0.199
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.454	0.214
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.453	0.475
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.453	0.475
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.453	0.224
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.453	0.218

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.452	0.174
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.451	0.224
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.451	0.168
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.451	0.472
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.450	0.470
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.450	0.196
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.450	0.212
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.450	0.223
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.449	0.200
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.449	0.164
20140	Spelt, uncooked	174.0	1.0 cup	0.449	0.574
15008	Fish, carp, raw	85.0	3.0 oz	0.449	0.162
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.448	0.162
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.448	0.210
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.447	0.153
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.447	0.183
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.447	0.148
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.446	0.221
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.446	0.161
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.446	0.241
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.445	0.184
07008	Bologna, beef and pork	100.0	3.527 oz	0.445	0.209
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.445	0.307
15045	Fish, lingcod, raw	85.0	3.0 oz	0.445	0.161
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.444	0.223
15013	Fish, cisco, raw	79.0	1.0 fillet	0.444	0.161
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.444	0.161
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.444	0.161
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.443	0.167
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.443	0.176
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.443	0.359
20031	Millet, raw	200.0	1.0 cup	0.442	0.424

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
20071	Wheat, hard red spring	192.0	1.0 cup	0.442	0.776
20004	Barley, hulled	184.0	1.0 cup	0.442	0.508
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.441	0.273
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.441	0.160
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.441	0.207
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.441	0.166
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.441	0.252
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.441	0.160
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.440	0.160
15112	Fish, tilefish, raw	85.0	3.0 oz	0.440	0.160
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.440	0.161
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.439	0.212
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.439	0.204
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.439	0.218
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.439	0.184
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.438	0.174
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.438	0.212
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.437	0.176
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.437	0.211
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.436	0.369
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.436	0.179
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.435	0.163
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.435	0.204
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.434	0.215
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.434	0.194
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.434	0.215
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.434	0.152
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.434	0.178
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.434	0.201
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.434	0.163
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.434	0.210
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.433	0.164

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.433	0.203
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.433	0.164
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.433	0.156
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.433	0.156
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.433	0.214
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.432	0.172
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.432	0.160
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.431	0.212
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.431	0.229
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.431	0.208
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.431	0.213
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.431	0.159
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.431	0.159
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.431	0.470
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.431	0.470
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.430	0.308
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.430	0.156
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.429	0.197
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.429	0.197
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.429	0.172
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.429	0.212
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.429	0.190
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.428	0.155
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.428	0.155
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.428	0.179
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.428	0.288
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.428	0.160
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.428	--
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.428	0.302
15094	Fish, shad, american, raw	85.0	3.0 oz	0.426	0.155
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.426	0.200
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.426	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.426	0.211
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.426	0.200
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.425	0.152
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.425	0.200
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.425	0.444
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.425	0.153
20076	Wheat, durum	192.0	1.0 cup	0.424	0.549
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.424	0.200
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.424	0.124
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.422	0.152
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.422	0.212
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.422	0.212
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.422	0.156
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.422	0.153
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.422	0.152
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.422	0.157
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.422	0.294
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.421	0.130
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.421	0.211
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.421	0.208
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.420	0.168
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.420	0.167
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.420	0.199
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.419	0.212
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.419	0.540
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.419	0.540
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.418	0.196
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.418	0.151
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.418	0.167
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.418	0.151
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.417	0.196

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.417	0.157
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.417	0.167
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.416	0.295
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.416	0.166
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.416	0.154
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.416	0.151
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.415	0.206
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.414	0.156
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.414	0.173
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.414	0.362
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.413	0.181
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.413	0.141
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.413	0.220
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.412	0.150
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.412	0.150
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.412	--
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.412	--
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.411	0.153
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.410	0.295
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.410	0.209
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.409	0.273
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.409	0.227
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.408	0.230
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.408	0.163
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.408	0.171
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.407	0.628
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.406	0.162
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.406	0.147
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.406	0.162
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.406	0.124
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.406	0.163
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.405	0.151

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.405	0.192
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.405	0.169
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.405	0.113
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.405	0.149
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.405	0.196
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.404	0.146
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.403	0.167
16069	Lentils, raw	192.0	1.0 cup	0.403	0.618
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.403	0.199
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.402	0.144
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.402	0.199
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.402	0.168
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.402	0.234
11450	Soybeans, green, raw	256.0	1.0 cup	0.402	0.302
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.401	0.151
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.401	0.199
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.401	0.190
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.401	0.160
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.401	0.586
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.400	0.194
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.399	0.310
15128	Fish, tuna salad	85.0	3.0 oz	0.399	0.146
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.399	0.266
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.399	0.477
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.398	0.192
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.397	0.199
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.396	0.135
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.396	0.197
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.395	0.229
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.394	0.176
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.394	0.150
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.394	0.195
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.393	0.618

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.393	0.181
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.392	0.223
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.392	0.190
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.392	0.199
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.392	0.186
20069	Triticale	192.0	1.0 cup	0.392	0.528
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.391	0.467
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.391	0.163
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.389	0.301
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.389	0.156
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.389	0.188
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.389	0.244
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.388	0.201
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.388	0.221
20072	Wheat, hard red winter	192.0	1.0 cup	0.386	0.618
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.385	0.461
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.385	0.461
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.385	0.196
16099	Peanut flour, defatted	60.0	1.0 cup	0.385	0.401
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.383	0.153
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.382	0.185
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.382	0.152
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.382	0.179
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.382	0.196
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.381	0.184
20005	Barley, pearled, raw	200.0	1.0 cup	0.380	0.438
01109	Milk, sheep, fluid	245.0	1.0 cup	0.380	0.086
20647	Millet flour	119.0	1.0 cup	0.380	0.212
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.380	0.304
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.379	0.386
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.379	0.386
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.379	0.178
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.378	0.302
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.378	0.138
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.378	0.178
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.378	0.167

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.378	0.167
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.377	0.183
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.377	0.231
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.375	0.388
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.375	0.388
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.375	0.190
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.375	0.222
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.373	0.161
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.373	0.178
05630	Emu, outside drum, raw	85.0	3.0 oz	0.372	0.142
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.371	0.179
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.371	0.140
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.370	0.296
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.369	0.028
17142	Veal, ground, raw	85.0	3.0 oz	0.369	0.178
05626	Emu, full rump, raw	85.0	3.0 oz	0.368	0.140
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.368	0.116
05631	Emu, oyster, raw	85.0	3.0 oz	0.368	0.140
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.367	0.208
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.366	0.172
19352	Syrups, malt	332.0	1.0 cup	0.365	0.216
05150	Goose, liver, raw	94.0	1.0 liver	0.365	0.207
15054	Fish, monkfish, raw	85.0	3.0 oz	0.365	0.132
16113	Natto	175.0	1.0 cup	0.364	0.385
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.364	0.236
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.363	0.139
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.362	0.088
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.362	0.152
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.362	0.112
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.361	0.131
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.361	0.174
20060	Rice bran, crude	118.0	1.0 cup	0.361	0.374
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.361	0.166
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.360	0.170

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.360	0.135
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.360	0.325
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.360	0.150
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.360	0.165
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.360	0.149
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.359	0.137
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.358	0.130
05628	Emu, inside drum, raw	85.0	3.0 oz	0.358	0.136
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.357	0.113
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.356	0.284
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.356	0.313
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.356	0.167
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.355	0.141
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.355	0.150
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.355	0.110
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.354	0.166
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.354	0.172
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.353	0.166
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.352	0.124
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.351	0.127
15103	Fish, spot, raw	64.0	1.0 fillet	0.351	0.127
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.350	--
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.350	0.390
01115	Whey, sweet, dried	145.0	1.0 cup	0.349	0.367
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.349	0.258
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.348	0.123
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.347	0.147
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.347	0.266
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.344	0.125
20028	Couscous, dry	173.0	1.0 cup	0.344	0.623
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.343	--
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.343	0.207
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.343	0.206
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.342	0.233
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.341	0.143
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.341	0.153

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.341	0.368
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.339	0.122
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.339	0.283
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.339	0.283
15074	Fish, sablefish, raw	85.0	3.0 oz	0.337	0.122
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.337	0.184
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.333	0.188
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.332	0.137
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.332	0.195
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.331	0.178
20066	Semolina, enriched	167.0	1.0 cup	0.331	0.598
20466	Semolina, unenriched	167.0	1.0 cup	0.331	0.598
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.328	0.190
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.328	0.128
20014	Corn grain, yellow	166.0	1.0 cup	0.327	0.282
20314	Corn grain, white	166.0	1.0 cup	0.327	0.282
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.327	0.162
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.326	0.236
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.326	0.210
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.325	--
20067	Sorghum grain	192.0	1.0 cup	0.324	0.244
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.324	0.111
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.323	0.166
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.323	0.172
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.322	0.206
07059	Polish sausage, pork	85.0	3.0 oz	0.322	0.133
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.322	0.397
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.321	0.173
16122	Soy protein isolate	28.35	1.0 oz	0.320	0.297
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.320	0.297
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.320	0.187
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.320	0.501
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.319	0.482
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.319	0.056
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.318	0.244
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.317	0.279

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.317	0.279
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.316	--
20143	Teff, cooked	252.0	1.0 cup	0.315	0.174
20033	Oat bran, raw	94.0	1.0 cup	0.315	0.541
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.314	0.147
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.314	--
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.314	--
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.313	0.269
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.312	0.393
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.311	0.181
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.311	0.270
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.311	0.270
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.310	0.096
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.310	0.023
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.309	0.155
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.307	0.248
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.306	0.266
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.306	0.268
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.306	0.266
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.305	0.265
01057	Eggnog	254.0	1.0 cup	0.305	0.145
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.304	0.140
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.304	0.075
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.304	0.131
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.303	0.147
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.303	0.325
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.303	0.325
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.303	0.229
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.302	0.263
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.302	0.263
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.301	0.196
20130	Barley flour or meal	148.0	1.0 cup	0.299	0.343
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.299	0.215
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.298	0.175
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.297	0.141
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.296	0.259

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.296	0.099
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.295	0.154
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.295	0.443
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.295	0.443
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.295	0.443
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.295	0.242
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.295	0.096
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.295	0.237
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.294	0.264
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.294	0.264
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.294	0.139
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.293	0.114
20008	Buckwheat	170.0	1.0 cup	0.292	0.389
20073	Wheat, soft red winter	168.0	1.0 cup	0.292	0.504
07052	Pastrami, turkey	57.0	2.0 slices	0.292	0.117
07024	Frankfurter, chicken	85.0	3.0 oz	0.292	0.110
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.291	0.159
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.291	0.318
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.291	0.377
16114	Tempeh	166.0	1.0 cup	0.290	0.320
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.290	0.269
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.288	0.137
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.288	0.176
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.288	0.231
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.288	0.182
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.288	0.369
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.288	0.369
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.287	0.088
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.287	0.150
21083	Fast foods, taco salad	198.0	1.5 cup	0.287	0.119
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.287	0.108
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.287	0.108
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.286	0.134
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.286	0.482
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.286	0.070
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.286	0.167

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.286	0.228
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.286	0.228
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.286	0.207
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.285	0.354
11656	Corn pudding, home prepared	250.0	1.0 cup	0.285	0.178
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.285	0.099
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.284	0.227
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.282	0.174
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.282	0.133
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.282	0.133
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.282	0.178
11658	Spinach souffle	136.0	1.0 cup	0.282	0.129
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.281	0.130
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.280	0.202
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.280	0.248
35147	Tamales (Navajo)	186.0	1.0 piece	0.279	0.154
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.277	0.330
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.277	0.115
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.277	0.115
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.277	0.163
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.277	0.199
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.277	0.181
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.277	0.080
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.276	0.243
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.276	0.266
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.276	0.100
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.276	0.412
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.275	0.173
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.275	0.133
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.275	0.211
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.274	0.368
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.274	0.330
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.272	0.099
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.272	0.100

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.272	0.100
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.272	0.192
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.272	0.067
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.271	0.136
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.271	0.194
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.270	0.128
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270	0.203
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.270	0.203
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.268	0.361
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.268	0.169
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.267	0.298
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.267	0.122
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.267	0.146
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.267	0.146
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.266	0.380
20012	Bulgur, dry	140.0	1.0 cup	0.266	0.399
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.266	0.156
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.266	0.072
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.265	0.123
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.264	0.367
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.264	0.163
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.264	0.082
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.263	0.133
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.262	0.164
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.262	0.061
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.262	0.226
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.262	--
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.262	--
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.262	0.095
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.261	0.190
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.261	0.190
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.261	0.169
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.261	0.191
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.260	0.099
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.260	0.187

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.260	0.187
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.259	0.112
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.259	--
20062	Rye grain	169.0	1.0 cup	0.259	--
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.258	0.238
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.258	0.095
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.258	--
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.258	--
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.258	0.405
20090	Rice flour, brown	158.0	1.0 cup	0.258	0.139
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.257	0.172
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.257	0.186
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.256	0.127
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.256	0.127
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.256	0.214
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.255	0.127
20063	Rye flour, dark	128.0	1.0 cup	0.255	--
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.255	0.188
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.254	0.250
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.254	0.250
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.254	0.250
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.254	0.250
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.254	0.126
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.254	0.127
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.254	0.319
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.254	0.217
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.254	0.200
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.253	0.126
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.253	0.156
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.253	0.182
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.253	0.182
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.253	0.179

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.253	0.125
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.252	0.221
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.252	0.136
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.252	0.125
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.252	0.093
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.252	0.139
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.252	0.181
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.252	0.181
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.251	0.331
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.250	0.090
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.250	0.129
16100	Peanut flour, low fat	60.0	1.0 cup	0.249	0.260
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.248	0.140
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.248	0.181
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.248	0.181
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.248	0.114
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.247	0.153
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.247	--
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.247	0.197
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.247	0.136
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.247	0.113
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.246	0.076
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.246	0.076
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.246	0.076
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.246	0.076
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.246	0.164
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.246	0.200
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.245	0.121
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.245	0.121
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.245	0.121
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.244	0.177
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.244	0.177
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.244	0.088
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.244	0.114

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.244	0.091
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.244	0.089
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.244	0.091
16059	Chili with beans, canned	256.0	1.0 cup	0.243	0.156
07939	Frankfurter, pork	76.0	1.0 link	0.243	0.118
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.243	0.075
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.243	0.075
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.243	0.075
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.243	0.135
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.242	0.175
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.242	0.175
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.242	0.088
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.242	0.194
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.242	0.175
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.242	0.175
01038	Cheese, romano	28.35	1.0 oz	0.242	0.059
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.241	0.112
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.240	0.327
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.240	0.069
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.240	0.164
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.240	0.119
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.240	0.186
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.239	0.191
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.239	--
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.239	0.093
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.238	0.159
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.237	0.171
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.237	0.117
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.237	0.116
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.236	0.117
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.236	0.244
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.235	0.169

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.235	0.099
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.235	0.243
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.235	0.117
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.235	0.152
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.234	0.116
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.234	0.103
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.234	0.214
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.233	0.116
01023	Cheese, gruyere	28.35	1.0 oz	0.233	0.086
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.232	0.137
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.232	0.213
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.231	0.107
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.231	0.251
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.231	0.251
01156	Cheese, goat, hard type	28.35	1.0 oz	0.230	0.039
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.230	0.181
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.230	0.166
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.230	0.166
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.230	0.166
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.230	0.167
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.230	0.167
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.229	0.371
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.229	0.165
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.229	0.165
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.229	0.274
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.229	0.274
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.229	0.274
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.229	0.274
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.228	0.126
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.228	0.113
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.228	0.222
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.228	0.165

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.228	0.165
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.228	0.169
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.227	0.207
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.226	0.365
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.225	0.123
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.225	0.180
12061	Nuts, almonds	143.0	1.0 cup, whole	0.225	0.307
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.224	0.117
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.223	0.077
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.223	0.182
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.223	0.084
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.223	0.403
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.222	0.068
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.222	0.190
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.221	0.209
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.221	0.161
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.221	0.161
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.221	--
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.221	0.109
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.220	0.081
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.220	0.402
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.220	0.081
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.220	0.102
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.220	0.102
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.219	0.109
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.219	0.109
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.219	0.068
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.219	0.068
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.219	0.262
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.219	0.108

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.219	0.108
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.219	0.192
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.218	0.094
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.218	0.083
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.218	0.108
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.218	0.108
16005	Beans, baked, home prepared	253.0	1.0 cup	0.218	0.157
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.218	0.068
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.217	0.108
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.217	0.090
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.217	0.108
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.217	0.100
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.217	0.107
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.216	0.107
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.216	0.078
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.216	0.113
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.216	0.156
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.216	0.051
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.216	0.051
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.215	0.154
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.215	0.107
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.215	0.106
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.215	0.049
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.215	0.049
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.215	0.106
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.214	0.106
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.214	0.102
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.214	0.106
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.214	0.049
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.214	0.111

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.214	0.295
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.214	0.295
01041	Cheese, tilsit	28.35	1.0 oz	0.214	0.039
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.214	0.106
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.213	0.078
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.213	0.078
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.213	0.049
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.213	0.114
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.213	0.172
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.212	0.111
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.212	0.049
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.212	0.182
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.212	0.182
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.212	0.119
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.212	0.077
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.212	0.099
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.211	0.078
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.210	0.103
16104	Bacon, meatless	144.0	1.0 cup	0.210	0.253
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.210	0.104
13350	Beef, cured, dried	28.0	10.0 slices	0.210	0.104
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.209	0.103
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.209	0.313
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.208	0.086
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.208	0.119
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.208	0.048
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.207	0.178
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.207	0.178
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.207	0.102
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.207	0.286
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.206	0.075

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.206	0.056
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.206	0.049
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.206	0.117
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.206	0.214
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.206	0.214
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.205	0.075
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.205	0.076
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.205	0.076
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.205	0.182
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.205	0.096
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.205	0.214
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.205	0.164
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.204	0.103
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.204	0.070
01018	Cheese, edam	28.35	1.0 oz	0.204	0.072
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.204	0.161
01022	Cheese, gouda	28.35	1.0 oz	0.204	0.072
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.204	0.101
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.204	0.182
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.204	0.101
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.203	0.092
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.203	0.046
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.203	0.046
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.202	0.144
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.202	0.074
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.202	0.138
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.202	0.138
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.202	0.156
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.202	0.156
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.202	0.143
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.201	0.168
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.201	0.168
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.201	0.141
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.200	0.073

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.200	0.144
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.200	0.143
07005	Blood sausage	100.0	4.0 slices	0.200	0.180
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.200	0.141
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.199	0.166
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.199	0.061
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.199	0.122
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.199	0.061
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.199	0.162
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.198	0.072
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.198	0.154
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.198	0.154
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.198	0.126
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.198	0.092
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.198	0.126
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.198	0.143
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.197	0.150
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.197	0.109
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.197	0.262
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.196	0.071
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.196	0.061
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.196	0.113
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.195	0.111
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.195	0.122
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.195	0.237
20089	Wild rice, cooked	164.0	1.0 cup	0.195	0.077
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.195	0.144
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.195	0.045
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.195	0.082
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.195	0.070
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.194	0.071
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.194	0.060
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.194	0.060
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.192	0.070
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.192	0.041
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.190	0.207

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.190	0.207
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.190	0.207
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.190	0.071
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.190	0.195
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.190	0.195
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.190	0.120
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.190	0.248
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.190	0.136
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.190	0.228
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.190	0.134
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.190	0.134
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.189	0.311
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.189	0.244
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.189	0.135
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.189	0.136
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.189	0.048
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.189	0.048
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.188	0.151
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.188	0.145
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.188	0.145
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.188	0.261
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.188	0.068
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.188	0.136
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.188	0.136
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.187	0.286
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.187	0.286
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.187	0.087
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.187	0.090
01008	Cheese, caraway	28.35	1.0 oz	0.187	0.036
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.187	0.250
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.186	0.162
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.186	0.162
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.186	0.162
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.186	0.162

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.185	0.041
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.184	0.140
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.184	0.096
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.184	0.096
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.183	0.319
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.183	0.319
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.183	0.146
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.182	0.093
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.182	0.084
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.182	--
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.182	0.077
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.182	0.041
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.182	0.161
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.182	0.161
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.181	0.100
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.181	0.125
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.181	0.087
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.181	0.308
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.181	0.308
17144	Game meat, antelope, raw	28.35	1.0 oz	0.181	0.056
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.180	0.090
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.180	0.170
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.180	0.076
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.179	0.128
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.179	0.128
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.179	0.090
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.179	0.154
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.178	0.098
20137	Quinoa, cooked	185.0	1.0 cup	0.178	0.117
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.178	0.065
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.177	0.194
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.177	0.101
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.176	0.097
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.176	0.078
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.176	0.060
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.175	0.200

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.175	0.089
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.175	0.097
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.175	0.075
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.174	0.125
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.174	0.206
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.174	0.064
01010	Cheese, cheshire	28.35	1.0 oz	0.174	0.033
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.173	0.054
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.171	0.305
11413	Potato flour	160.0	1.0 cup	0.171	0.112
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.171	0.037
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.171	0.084
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.170	0.197
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.170	0.082
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.170	0.073
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.170	0.125
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.170	0.125
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.170	0.146
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.170	0.146
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.169	0.111
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.169	0.084
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.169	0.135
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.169	--
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.168	0.135
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.168	0.033
01006	Cheese, brie	28.35	1.0 oz	0.168	0.032
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.168	0.078
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.168	0.369
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.168	0.083
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.167	0.120
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.167	0.206
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.167	0.115
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.167	0.083
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.167	0.082
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.167	0.249
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.167	0.249

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.166	0.082
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.166	0.073
07921	Bacon and beef sticks	28.0	1.0 oz	0.166	0.073
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.166	0.078
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.166	0.105
01004	Cheese, blue	28.35	1.0 oz	0.166	0.030
11414	Potato salad, home-prepared	250.0	1.0 cup	0.165	0.128
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.165	0.082
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.165	0.082
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.165	0.116
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164	0.081
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164	0.081
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.164	0.081
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.164	0.059
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164	0.081
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.164	0.059
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.164	0.141
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164	0.081
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.164	0.072
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163	0.081
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.163	0.081
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163	0.081
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.163	0.081
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.163	0.028
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163	0.081
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.163	0.163
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.163	0.081
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163	0.081
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.162	0.059
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.162	0.080
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.162	0.080
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.162	0.080
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.162	0.129
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.162	0.206
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.161	0.071

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.161	0.076
17172	Game meat, moose, raw	28.35	1.0 oz	0.161	--
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.161	0.190
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.161	0.125
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.161	0.040
17164	Game meat, deer, raw	28.35	1.0 oz	0.160	0.073
01007	Cheese, camembert	28.35	1.0 oz	0.160	0.031
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.160	0.079
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.160	0.079
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.160	0.079
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.160	0.130
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.159	0.060
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.159	0.077
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.159	0.105
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.159	0.079
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.159	0.095
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.159	0.079
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.159	0.097
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.159	0.097
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.158	0.079
01039	Cheese, roquefort	28.35	1.0 oz	0.158	0.036
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.158	0.016
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.158	0.060
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.158	0.069
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.158	0.065
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.157	0.078
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.157	0.053
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.157	0.138
07911	Liverwurst spread	55.0	0.25 cup	0.157	0.082
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.156	0.078
17168	Goat, raw	28.35	1.0 oz	0.156	0.069
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.156	0.056
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.156	0.057
17166	Game meat, elk, raw	28.35	1.0 oz	0.156	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.156	0.115
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.156	0.084
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.156	0.161
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.156	0.161
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.155	0.085
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.155	0.056
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.155	0.067
17150	Game meat, beaver, raw	28.35	1.0 oz	0.155	--
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.155	0.112
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.155	0.078
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.154	0.123
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.154	0.033
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.154	0.123
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.154	0.074
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.154	0.057
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.153	0.071
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.153	0.056
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.153	0.056
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.153	0.076
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.153	0.076
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.153	0.071
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.152	0.234
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.152	0.234
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.152	0.122
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.152	0.112
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.152	0.071
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.151	0.057
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.151	0.107
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.151	0.071
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.151	0.055

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.151	0.070
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.151	0.086
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.150	0.079
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.150	0.115
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.150	0.066
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.150	0.071
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150	0.070
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.150	0.069
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.150	0.086
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.149	0.130
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.149	0.069
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.149	0.069
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.149	0.065
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.149	0.065
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.149	0.086
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.149	0.108
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.149	0.213
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.149	0.144
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149	0.069
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149	0.069
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.149	0.000
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149	0.070
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.148	0.054
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.148	0.069
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.148	0.060
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.148	0.069
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.147	0.068
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.147	0.098

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.147	0.071
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.147	0.069
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.146	0.130
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.146	0.084
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.146	0.064
15109	Fish, surimi	28.35	1.0 oz	0.146	0.046
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.146	0.070
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.145	0.068
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.145	0.068
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.145	--
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.145	0.069
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.145	0.105
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.145	0.052
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.145	0.092
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.145	0.083
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.145	0.052
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.144	0.068
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.144	0.036
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.144	0.055
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.144	0.000
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.144	0.067
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.144	0.055
17162	Game meat, caribou, raw	28.35	1.0 oz	0.143	0.046
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.143	0.063
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.143	0.071
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.143	0.071
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.143	0.071
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.143	0.118
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.142	0.062
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.142	0.066
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.142	0.071
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.142	0.083

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.142	0.083
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.142	0.158
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.142	0.000
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.142	0.067
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.141	0.062
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.141	0.168
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.141	0.070
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.141	0.068
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.141	0.052
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.141	0.066
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.141	0.078
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.140	0.065
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.140	0.066
01159	Cheese, goat, soft type	28.35	1.0 oz	0.140	0.024
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.140	0.067
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.139	0.046
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.139	0.065
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.139	0.134
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.139	0.134
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.139	0.067
20064	Rye flour, medium	102.0	1.0 cup	0.139	--
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.139	0.065
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.139	0.069
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.139	0.038
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.139	0.050
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.138	0.115
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.138	0.060
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.138	0.045
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.138	0.064
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.138	0.068
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.138	0.154
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.138	0.154

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.138	0.154
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.138	0.154
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.137	0.064
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.137	0.064
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.137	0.062
15014	Fish, cisco, smoked	28.35	1.0 oz	0.137	0.050
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.137	0.046
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.137	0.064
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.137	0.067
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.136	0.064
01069	Cream substitute, powdered	94.0	1.0 cup	0.136	0.020
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.136	0.150
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.136	0.053
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.136	0.038
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.136	0.128
20077	Wheat bran, crude	58.0	1.0 cup	0.136	0.215
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.135	0.063
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.135	0.079
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.135	0.146
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.135	0.063
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.135	0.059
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.135	0.031
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.135	0.031
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.134	0.043
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.134	0.096
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.134	0.096
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.134	0.062
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.134	0.078
17170	Game meat, horse, raw	28.35	1.0 oz	0.134	0.085
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.134	0.065
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.134	0.036
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.134	0.232

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.134	0.232
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.134	0.111
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.134	0.058
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.134	0.065
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.134	0.065
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.134	0.118
07019	Chorizo, pork and beef	28.35	1.0 oz	0.133	0.078
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.133	0.077
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.133	0.062
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.133	0.197
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.133	0.071
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.133	0.071
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.133	0.064
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.132	0.062
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.132	0.063
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.132	0.064
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.132	0.074
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.132	--
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.132	0.062
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.132	0.058
01124	Egg, white, raw, fresh	33.0	1.0 large	0.132	0.095
07926	Salami, Italian, pork	28.0	1.0 oz	0.132	0.081
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.132	0.062
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.131	0.064
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.131	0.055
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.131	0.061
36031	DENNY'S, onion rings	166.0	1.0 serving	0.131	0.212
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.131	0.043
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.131	--
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.131	0.063
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.131	0.142
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.131	0.061

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.131	0.106
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.131	0.106
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.131	0.060
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.130	0.061
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.130	0.061
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.130	0.110
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.130	0.051
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.130	0.051
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.130	0.061
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.129	0.020
07030	Ham, minced	28.35	1.0 oz	0.129	0.054
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.129	0.042
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.129	0.080
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.129	0.082
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.128	0.095
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.128	0.051
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.128	0.056
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.128	0.062
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.128	0.062
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.128	0.131
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.128	0.131
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.128	0.062
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.128	0.059
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.128	0.062
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.127	0.069
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.127	0.056
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.127	0.062
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.127	0.061
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.126	0.078
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.126	0.055
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.126	0.060
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.126	0.061

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.126	0.184
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.126	0.184
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.126	0.097
01113	Whey, acid, dried	57.0	1.0 cup	0.126	0.120
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.126	0.061
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.126	0.058
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.125	0.104
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.125	0.067
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.125	0.107
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.125	0.058
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.125	0.061
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.125	0.088
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.125	0.059
20087	Wheat, sprouted	108.0	1.0 cup	0.125	0.145
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.125	0.114
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.125	0.058
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.125	0.061
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.125	0.058
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.125	0.058
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.125	0.058
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.125	0.110
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.125	0.041
20034	Oat bran, cooked	219.0	1.0 cup	0.125	0.217
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.125	0.120
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.125	0.070
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.125	0.226
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.125	0.060
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.125	0.062
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.125	0.090
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.124	0.054
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.124	0.058
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.124	0.045

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
07070	Salami, cooked, turkey	28.0	1.0 serving	0.124	0.045
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.124	0.068
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.124	0.058
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.124	0.058
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.123	0.068
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.123	0.057
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.123	0.054
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.123	0.070
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.123	0.053
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.123	0.151
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.123	0.066
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.123	0.057
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.123	0.093
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.122	0.044
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.122	0.130
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.122	0.057
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.122	0.052
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.122	0.057
20032	Millet, cooked	174.0	1.0 cup	0.122	0.117
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.122	0.053
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.122	0.057
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.122	0.053
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.122	0.085
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.121	0.089
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.121	0.057
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.121	0.056
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.121	0.082
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.121	0.056
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.121	0.065
17224	Lamb, ground, raw	28.35	1.0 oz	0.120	0.056
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.120	0.068
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.120	0.068

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.120	0.053
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.120	0.052
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.120	0.052
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.120	0.066
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.120	0.056
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.119	0.094
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.119	0.046
11304	Peas, green, raw	145.0	1.0 cup	0.119	0.046
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.119	0.146
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.119	0.146
07026	Ham, chopped, canned	28.35	1.0 oz	0.119	0.054
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.119	0.055
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.119	--
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.119	0.210
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.119	0.052
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.118	0.079
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.118	0.104
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.118	0.098
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.118	0.052
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.118	0.055
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.117	0.101
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.117	0.063
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.117	0.051
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.117	0.125
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.116	0.153
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.116	0.051
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.116	0.039
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.116	0.044
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.116	0.056
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.116	0.141
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.116	0.141
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.115	0.091
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.115	0.054
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115	0.054
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.115	0.048

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
20065	Rye flour, light	102.0	1.0 cup	0.115	--
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.115	0.179
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.115	0.064
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.115	0.098
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.115	0.050
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.114	0.060
07025	Frankfurter, turkey	28.35	1.0 oz	0.114	0.030
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.113	0.146
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.113	0.085
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.113	0.061
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.113	0.044
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.113	0.059
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.112	0.045
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.112	0.063
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.112	0.063
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.112	0.045
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.112	0.093
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.112	0.081
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.112	0.056
07050	Mortadella, beef, pork	28.35	1.0 oz	0.112	0.058
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.112	0.027
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.111	0.053
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.111	0.052
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.111	0.073
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.111	0.081
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.111	0.052
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.111	0.030
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.111	0.081
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.111	0.095
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.110	0.093
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.110	0.051
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.109	0.053
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.109	0.199
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.109	0.045
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.109	0.121
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.108	0.046

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.108	0.044
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.108	0.051
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.108	0.227
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.107	0.041
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.107	0.041
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.107	0.041
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.107	0.041
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.107	0.144
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.107	0.047
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.107	0.041
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.106	0.062
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.106	0.062
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.106	0.078
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.106	0.129
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.106	0.097
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.106	0.085
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.106	0.052
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.106	0.052
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.106	0.042
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.106	0.049
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.106	0.045
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.105	0.043
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.105	0.165
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.105	0.165
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.105	--
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.105	0.050
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.105	0.047
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.105	0.043
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.105	0.042
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.105	0.042
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.105	0.042
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.105	0.042
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.105	0.081
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.105	0.109
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.104	0.058

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.104	0.046
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.104	0.051
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.104	0.113
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.104	0.113
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.104	0.091
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.104	0.091
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.104	0.089
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.104	0.041
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.104	0.038
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.103	0.067
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.103	0.072
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.103	0.048
11215	Garlic, raw	136.0	1.0 cup	0.103	0.088
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.103	0.051
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.103	0.108
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.103	0.038
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.103	0.055
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.103	0.111
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.103	0.147
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.103	0.057
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.102	0.041
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.102	0.041
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.102	0.041
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.102	0.039
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.102	0.043
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.102	0.064
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.102	0.126
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.102	0.126
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.102	0.114
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.102	0.114
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.102	--
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.101	0.040
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.101	0.043
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.101	0.055
07061	Mother's loaf, pork	28.35	1.0 oz	0.101	0.058

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.101	0.183
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.101	0.078
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.101	0.068
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.101	0.047
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.101	0.182
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.101	0.039
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.101	0.109
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.101	0.125
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.101	0.039
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.101	0.137
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.101	0.099
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.100	0.048
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.100	0.059
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.100	0.046
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.100	0.102
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.100	0.040
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.100	0.087
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.100	0.087
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.100	0.087
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.100	0.087
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.100	0.058
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.099	0.176
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.099	0.122
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.099	0.131
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.099	0.063
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.099	0.033
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.099	0.063
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.099	0.080
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.099	0.080
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.099	0.086
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.098	0.103
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.098	0.048
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.098	0.052
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.098	0.115
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.098	0.146
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.098	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.098	0.121
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.097	0.040
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.097	0.048
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.097	0.038
07040	Liver cheese, pork	28.35	1.0 oz	0.097	0.093
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.097	0.040
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.097	0.053
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.097	0.071
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.096	0.084
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.096	0.077
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.096	0.043
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.096	0.118
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.096	0.034
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.096	0.075
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.096	0.035
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.096	0.049
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.096	0.150
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.096	0.058
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.095	0.045
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.095	0.052
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.095	0.085
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.095	0.085
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.095	0.036
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.095	0.082
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.095	0.061
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.094	0.039
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.094	0.061
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.094	0.048
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.094	0.043
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.094	0.059
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.094	0.046
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.094	0.065
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.094	0.168
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.094	0.072
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.094	0.201

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.094	0.050
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.093	0.035
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.093	0.045
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.093	0.077
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.093	0.062
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.093	0.168
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.092	0.121
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.092	0.034
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.092	0.033
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.092	0.036
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.092	0.036
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.092	0.036
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.092	0.036
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.092	0.071
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.092	0.044
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.091	0.058
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.091	0.058
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.091	0.101
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.091	0.061
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.091	0.101
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.091	0.020
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.091	0.118
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.091	--
07068	Salami, cooked, beef	26.0	1.0 slice	0.091	0.050
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.091	0.065
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.091	0.068
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.090	0.073
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.090	0.051
01021	Cheese, gjetost	28.35	1.0 oz	0.090	0.016
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.090	0.058
16087	Peanuts, all types, raw	28.35	1.0 oz	0.090	0.094
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.090	0.032
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.090	0.033
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.089	0.094
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.089	0.055

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.089	0.071
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.089	0.037
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.089	0.084
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.089	0.038
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.089	0.101
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.089	0.048
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.089	0.059
07007	Bologna, beef	30.0	1.0 slice	0.088	0.033
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.088	0.054
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.088	0.070
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.088	0.085
20013	Bulgur, cooked	182.0	1.0 cup	0.087	0.129
11432	Radishes, oriental, dried	116.0	1.0 cup	0.087	0.072
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.087	0.057
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.087	0.067
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.086	0.098
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.086	0.090
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.086	0.036
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.086	0.074
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.086	0.091
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.085	0.064
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.085	0.074
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.085	0.062
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.085	0.067
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.085	0.073
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.085	0.073
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.084	0.038
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.084	0.040
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.084	0.051
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.084	0.048
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.084	0.050
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.084	0.046

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.084	0.046
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.084	0.072
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.084	0.072
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.084	0.072
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.084	0.024
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.084	0.096
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.084	0.096
16055	Carob flour	103.0	1.0 cup	0.083	0.030
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.083	0.058
01031	Cheese, neufchatel	28.35	1.0 oz	0.083	0.018
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.083	0.057
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.083	0.051
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.083	0.186
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.083	0.112
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.082	0.086
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.082	0.077
07971	Bologna, meat and poultry	33.0	1.0 slice	0.082	0.045
20133	Rice noodles, dry	57.0	2.0 oz	0.082	0.061
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.082	0.107
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.082	0.062
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.082	0.099
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.082	0.071
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.082	0.025
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.082	0.070
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.081	0.029
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.081	0.018
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.081	0.045
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.081	0.088
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.081	0.065
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.081	0.257
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.081	0.050
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.081	0.140
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.081	0.140
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.081	0.051
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.081	0.057

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.081	0.088
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.080	0.082
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.080	0.090
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.080	0.216
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.080	0.113
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.079	0.039
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.079	0.084
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.079	0.139
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.079	0.139
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.079	0.018
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079	0.046
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.079	0.059
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.079	0.045
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.079	0.071
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.079	0.033
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.079	0.033
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.079	0.107
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.079	0.063
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.079	0.063
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.079	0.039
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.078	0.031
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.078	0.031
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.078	0.046
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.078	0.064
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.077	0.018
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.077	0.054
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.077	0.066
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.076	0.059
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.076	0.065
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.076	0.064
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.076	0.064
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.076	0.028
20134	Rice noodles, cooked	176.0	1.0 cup	0.076	0.056
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.076	0.028
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.075	--
21268	TACO BELL, Nachos	80.0	1.0 serving	0.075	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.075	0.051
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.075	0.056
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.075	0.088
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.074	0.115
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.074	0.014
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.074	0.078
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.074	0.078
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.074	0.063
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.074	0.056
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.074	0.092
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.074	0.025
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.074	0.025
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.074	0.025
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.074	0.078
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.074	0.097
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.074	0.044
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.073	0.039
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.073	0.040
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.073	0.061
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.073	0.046
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.073	0.017
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.072	0.030
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.072	0.023
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.072	0.029
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.072	0.077
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.071	0.080
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.071	0.084
07033	Ham and cheese spread	15.0	1.0 tbsp	0.071	0.038
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.071	0.068
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.071	0.018
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.070	0.026
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.070	0.024
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.070	0.072
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.070	0.034
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.070	0.061

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.070	0.061
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.070	0.043
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.070	0.043
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.069	0.036
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.069	0.042
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.069	0.055
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.068	0.082
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.068	0.040
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.068	0.040
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.068	0.051
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.068	0.051
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.068	0.083
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.068	0.083
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.068	0.025
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.068	0.060
20006	Barley, pearled, cooked	157.0	1.0 cup	0.068	0.078
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.067	0.056
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.067	0.046
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.067	0.050
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.067	0.054
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.067	0.098
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.067	0.077
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.067	0.075
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.067	0.037
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.067	0.031
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.067	0.122
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.067	0.031
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.067	0.122
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.067	0.073
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.066	0.026
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.066	0.067
36610	DENNY'S, french fries	165.0	1.0 serving	0.066	0.050
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.066	0.033
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.066	0.099

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.066	0.079
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.066	0.032
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.066	0.000
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.066	0.000
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.065	0.070
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.065	0.024
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.065	0.066
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.065	0.063
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.064	0.032
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.064	0.031
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.064	0.045
01070	Dessert topping, powdered	43.0	1.5 oz	0.064	0.009
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.064	0.074
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.063	0.037
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.063	0.037
16107	Sausage, meatless	25.0	1.0 link	0.063	0.076
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.063	0.072
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.063	0.075
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.063	0.079
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.063	0.020
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.062	0.024
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.062	0.024
16129	Tofu, fried	28.35	1.0 oz	0.062	0.067
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.062	0.030
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.062	0.051
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.062	0.051
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.062	0.031
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.062	0.041
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.062	0.060
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.062	0.031
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.062	0.077
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.062	0.050
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.062	0.028
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.061	0.024
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.061	0.024

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.061	0.024
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.061	0.024
11961	Hearts of palm, canned	146.0	1.0 cup	0.061	0.028
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.061	0.085
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.061	0.064
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.061	0.030
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.061	0.054
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.061	0.074
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.061	0.024
07960	Bologna, chicken, pork	28.0	1.0 serving	0.060	0.030
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.060	0.022
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.060	0.036
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.060	0.122
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.060	0.029
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.060	0.024
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.060	0.066
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.059	--
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.059	0.024
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.059	0.029
18028	Bread, egg, toasted	28.35	1.0 oz	0.059	0.065
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.059	0.060
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.059	0.060
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.059	0.031
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.059	0.029
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.058	0.026
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.058	0.045
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.058	0.022
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.058	--
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.058	0.070
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.058	0.026
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.058	0.082
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.058	0.072
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.057	0.040
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.057	0.045
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.057	0.022
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.057	0.023

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.056	0.052
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.056	0.070
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.056	0.043
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.056	0.028
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.056	0.014
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.056	0.073
21419	KFC, biscuit	49.0	1.0 biscuit	0.055	0.071
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.055	0.025
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.055	0.071
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.055	0.071
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.055	0.027
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.055	0.023
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.055	0.064
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.054	0.057
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.054	0.046
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.054	0.057
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.054	0.062
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.054	0.036
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.054	0.036
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.054	0.064
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.054	0.064
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.054	0.060
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.054	0.031
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.054	0.069
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.054	0.068
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.054	0.020
18003	Bagels, egg	28.35	1.0 oz	0.054	0.065
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.054	0.020
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.054	0.034
18027	Bread, egg	28.35	1.0 oz	0.054	0.059
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.054	0.045
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.054	0.045
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.054	--
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.053	0.019
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.053	0.064
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.053	0.026

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.053	0.064
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.053	0.044
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.053	0.064
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.053	0.026
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.053	0.042
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.053	0.039
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.053	0.039
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.053	0.042
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.053	0.031
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.053	0.031
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.053	0.022
18241	Croissants, cheese	28.35	1.0 oz	0.053	0.050
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.053	0.076
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.053	0.056
18344	Rolls, dinner, egg	28.35	1.0 oz	0.053	0.057
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.053	0.074
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.053	0.000
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.053	0.000
19147	Candies, peanut bar	28.35	1.0 oz	0.052	0.055
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.052	0.081
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.052	0.024
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.052	0.019
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.052	0.060
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.052	0.047
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.052	0.034
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.051	0.039
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.051	0.061
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.051	0.027
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.051	0.042
20030	Hominy, canned, white	165.0	1.0 cup	0.051	0.054
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.051	0.040
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.051	0.026
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.051	0.061
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.051	--
18037	Bread, oat bran	28.35	1.0 oz	0.051	0.066
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.051	0.062

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.051	0.041
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.051	0.071
09094	Figs, dried, uncooked	149.0	1.0 cup	0.051	0.054
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.051	0.039
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.050	0.024
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.050	0.071
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.050	0.063
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.050	0.052
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.050	0.063
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.050	0.052
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.050	0.028
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.050	0.028
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.050	0.053
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.050	0.048
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.050	0.060
16130	Okara	122.0	1.0 cup	0.050	0.054
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.050	0.063
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.050	0.022
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.050	0.061
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.050	0.059
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050	0.031
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.050	0.028
18239	Croissants, butter	28.35	1.0 oz	0.050	0.049
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.050	0.061
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.050	0.053
20330	Hominy, canned, yellow	160.0	1.0 cup	0.050	0.053
18245	Danish pastry, cheese	28.35	1.0 oz	0.049	0.039
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.049	0.040
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.049	0.063
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.049	0.034
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.049	0.046
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.049	0.088
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.049	0.019
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.049	0.066
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.049	0.051

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.048	0.061
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.048	0.059
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048	0.022
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.048	0.073
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.048	0.055
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.048	0.055
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.048	0.044
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.048	0.018
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.048	0.041
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.048	0.041
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.048	0.058
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.048	0.034
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.048	0.074
18235	Crackers, whole-wheat	28.0	1.0 serving	0.048	0.064
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.047	0.050
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.047	0.045
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.047	0.040
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.047	0.039
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.047	0.081
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.047	0.064
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.047	0.065
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.047	0.075
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.047	0.017
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.047	0.084
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.047	0.051
11616	Dock, raw	133.0	1.0 cup, chopped	0.047	--
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.047	0.055
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.047	0.043
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.046	0.056
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.046	0.061
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.046	0.056
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.046	0.056
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.046	0.017
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.046	0.054
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.046	0.036

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.046	0.035
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.046	0.035
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.046	0.000
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.046	0.016
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.046	0.023
18236	Cracker meal	28.35	1.0 oz	0.046	0.059
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.046	0.023
09205	Oranges, raw, with peel	170.0	1.0 cup	0.046	0.024
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.046	0.055
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.046	0.063
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.046	0.061
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.046	0.023
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.046	0.026
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.045	0.043
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.045	0.021
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.045	0.056
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.045	0.018
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.045	0.033
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.045	0.020
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.045	0.025
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.045	0.019
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.045	0.050
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.045	0.056
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.045	0.054
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.045	0.056
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.045	0.054
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.045	0.041
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.045	0.054
21249	BURGER KING, french fries	74.0	1.0 small serving	0.044	0.008
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.044	0.028
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.044	0.028
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.044	0.033
18059	Bread, rice bran	28.35	1.0 oz	0.044	0.054
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.044	0.036
18033	Bread, italian	28.35	1.0 oz	0.044	0.055

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.044	0.028
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.044	0.051
18044	Bread, pumpernickel	28.35	1.0 oz	0.044	0.054
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.044	0.051
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.044	0.061
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.044	0.038
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.044	0.059
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.044	0.034
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.044	0.037
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.043	0.034
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.043	0.052
18349	Rolls, french	28.35	1.0 oz	0.043	0.052
18061	Bread, rye, toasted	28.35	1.0 oz	0.043	0.054
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.043	0.056
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.043	0.024
18066	Bread, wheat bran	28.35	1.0 oz	0.043	0.054
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.043	0.033
18039	Bread, oatmeal	28.35	1.0 oz	0.043	0.059
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.043	0.057
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.043	0.037
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.043	0.039
18240	Croissants, apple	28.35	1.0 oz	0.043	0.040
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.043	0.018
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.043	0.054
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.043	0.034
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.042	0.031
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.042	0.031
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.042	0.000
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.042	0.028
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.042	0.024
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.042	0.058
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.042	0.043
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.042	0.035
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.042	0.032
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.042	0.021

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18025	Bread, cracked-wheat	28.35	1.0 oz	0.042	0.054
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.042	0.045
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.042	0.042
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.042	0.005
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.042	0.033
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.042	0.032
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.042	0.020
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.042	0.018
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.042	0.030
11011	Asparagus, raw	134.0	1.0 cup	0.042	--
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.041	0.029
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.041	0.048
11683	Carrot, dehydrated	74.0	1.0 cup	0.041	0.047
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.041	0.043
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.041	0.072
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.041	0.034
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.041	0.034
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.041	0.056
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.041	0.005
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.041	0.056
18224	Crackers, rusk toast	14.2	0.5 oz	0.041	0.039
18264	English muffins, wheat	28.35	1.0 oz	0.041	0.051
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.041	0.030
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.041	0.020
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.041	0.033
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.041	0.033
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.041	0.037
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.041	0.057
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.041	0.049
18103	Coffeecake, cheese	28.35	1.0 oz	0.041	0.031
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.041	0.054
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.041	0.019
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.041	0.065
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.041	0.056
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.041	0.064
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.040	0.042

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18355	Sweet rolls, cheese	28.35	1.0 oz	0.040	0.032
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.040	0.052
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.040	0.015
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.040	--
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.040	0.046
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.040	0.037
18266	English muffins, whole-wheat	28.35	1.0 oz	0.040	0.054
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.040	0.022
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.040	0.041
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.040	0.019
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.040	0.044
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.040	0.038
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.040	0.032
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.040	0.032
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.040	0.020
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.040	0.000
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.040	0.000
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.039	--
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.039	0.045
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.039	0.047
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.039	0.045
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.039	0.031
18060	Bread, rye	28.35	1.0 oz	0.039	0.049
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.039	0.038
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.039	0.045
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.039	0.050
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.039	--
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.039	--
01114	Whey, sweet, fluid	246.0	1.0 cup	0.039	0.042
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.039	0.045
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.039	0.013
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.039	0.046
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.039	0.047
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.039	0.046
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.039	0.035

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.039	0.050
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.039	0.028
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.039	0.037
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.039	0.052
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.039	0.000
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.039	0.033
09095	Figs, dried, stewed	259.0	1.0 cup	0.039	0.041
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.039	0.043
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.039	0.035
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.039	0.070
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.039	0.023
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.039	0.032
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.039	0.055
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.039	0.029
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.039	0.053
12059	Nuts, acorns, dried	28.35	1.0 oz	0.039	0.041
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.039	0.048
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.039	0.020
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.038	0.033
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.038	0.045
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.038	0.041
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.038	0.065
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.038	0.035
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.038	--
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.038	0.028
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.038	0.034
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.038	0.049
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.038	0.034
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.038	0.063
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.038	0.028
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.038	0.008
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.038	0.057
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.038	0.037
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.038	0.037
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.038	0.016
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.038	0.034

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.038	0.026
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.038	0.050
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.038	0.033
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.038	0.012
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.038	0.012
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.038	0.033
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.037	0.040
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.037	0.019
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.037	0.019
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.037	0.040
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.037	0.035
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.037	--
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.037	0.042
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.037	0.064
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.037	0.035
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.037	0.035
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.037	0.047
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.037	0.042
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.037	0.024
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.037	0.022
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.037	0.027
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.037	0.027
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.037	0.048
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.037	0.058
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.037	0.014
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.037	0.038
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.037	0.039
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.037	0.047
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.037	0.042
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.036	0.038
18047	Bread, raisin, enriched	28.35	1.0 oz	0.036	0.043
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.036	0.043
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.036	0.029
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.036	0.046
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.036	0.018
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.036	0.039

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.036	0.039
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.036	0.018
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.036	0.026
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.036	0.026
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.036	0.026
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.036	0.046
18971	Bread, potato	32.0	1.0 slice	0.036	0.028
18338	Phyllo dough	28.35	1.0 oz	0.036	0.043
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.036	0.034
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.036	0.038
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.036	0.017
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.036	0.027
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.036	0.027
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.035	0.031
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.035	0.042
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.035	0.018
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.035	0.046
18218	Crackers, matzo, egg	14.2	0.5 oz	0.035	0.038
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.035	0.015
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.035	0.021
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.035	0.026
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.035	0.020
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.035	0.020
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.035	0.049
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.035	0.049
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.035	0.039
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.035	--
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.035	--
18283	Muffins, oat bran	28.35	1.0 oz	0.035	0.052
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.035	0.015
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.035	0.034
09298	Raisins, seedless	165.0	1.0 cup, packed	0.035	0.031
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.035	0.036
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.035	0.043
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.035	0.030
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.035	0.036

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11090	Broccoli, raw	91.0	1.0 cup chopped	0.035	0.025
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.035	0.027
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.035	0.027
01112	Whey, acid, fluid	246.0	1.0 cup	0.034	--
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.034	0.014
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.034	0.014
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.034	0.044
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.034	0.024
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.034	0.041
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.034	0.030
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.034	0.030
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.034	0.017
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.034	0.023
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.034	0.015
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.034	0.023
07031	Ham salad spread	15.0	1.0 tbsp	0.034	0.008
21140	Side dishes, potato salad	95.0	0.333 cup	0.034	0.022
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.034	0.023
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.034	0.020
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.034	0.025
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.034	0.020
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.034	0.020
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.034	0.045
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.034	0.031
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.034	0.048
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034	0.016
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.034	0.067
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.034	0.053
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.034	0.032
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.034	0.031
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.034	0.016
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.034	0.054
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.034	0.024
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.034	0.024
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.033	0.032

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.033	0.036
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.033	0.045
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.033	0.035
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.033	--
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.033	0.019
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.033	0.019
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.033	0.030
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.033	0.030
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.033	0.034
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.033	0.031
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.033	0.042
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.033	0.020
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.033	0.029
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.033	0.039
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.033	0.036
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.033	--
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.033	0.032
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.032	0.008
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.032	0.015
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.032	0.098
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.032	0.037
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.032	0.013
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.032	--
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.032	0.026
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.032	0.019
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.032	0.017
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.032	0.017
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.032	0.031
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.032	0.029
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.032	0.035
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.032	0.046
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.032	0.029
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.032	0.030
11601	Yam, raw	150.0	1.0 cup, cubes	0.032	0.028
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.032	0.051

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.032	0.051
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.031	0.034
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.031	0.025
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.031	0.033
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.031	0.025
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.031	0.033
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.031	0.025
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.031	0.033
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.031	0.029
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.031	0.033
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.031	0.053
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.031	0.038
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.031	0.015
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.031	0.015
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.031	0.024
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.031	0.024
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.031	0.043
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.031	0.023
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.031	0.007
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.031	0.026
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.031	0.035
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.031	0.008
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.031	0.025
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.031	--
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.031	0.023
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.031	0.033
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.031	--
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.031	--
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.031	0.046
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.030	0.012
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.030	0.038
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.030	0.038
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.030	0.007
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.030	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.030	0.037
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.030	0.026
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.030	0.040
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.030	0.035
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.030	0.035
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.030	0.019
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.030	0.023
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.030	0.016
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.030	0.019
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.030	0.031
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.030	0.031
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.030	0.033
18242	Croutons, plain	14.2	0.5 oz	0.030	0.037
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.030	0.008
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.030	0.036
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.030	0.033
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.030	0.027
18065	Bread, wheat, toasted	28.35	1.0 oz	0.030	0.044
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.030	0.028
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.030	0.019
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.030	0.031
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.030	0.027
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.030	0.020
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.030	0.025
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.030	0.025
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.030	0.011
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.030	0.014
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.030	0.014
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.029	0.019
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.029	0.007
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.029	0.007
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.029	0.016
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.029	0.020
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.029	0.029
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.029	0.027
12058	Nuts, acorns, raw	28.35	1.0 oz	0.029	0.031

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.029	0.020
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.029	0.014
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.029	0.020
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.029	0.033
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.029	0.033
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.029	0.044
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.029	0.022
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.029	0.010
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.029	0.010
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.029	0.032
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.029	0.022
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.029	0.022
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.029	0.022
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.029	0.022
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.029	0.020
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.029	0.020
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.029	0.031
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.029	0.043
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.029	0.019
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.029	0.034
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.028	0.004
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.028	0.031
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.028	0.019
11098	Brussels sprouts, raw	88.0	1.0 cup	0.028	0.019
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.028	0.034
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.028	0.028
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.028	0.030
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.028	0.030
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.028	0.023
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.028	0.022
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.028	--
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.028	0.019
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.028	0.013
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.028	--
01017	Cheese, cream	14.5	1.0 tbsp	0.028	0.006
18243	Croutons, seasoned	14.2	0.5 oz	0.028	0.031

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.028	0.010
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.028	--
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.028	0.024
18214	Crackers, cheese, regular	14.2	0.5 oz	0.028	0.024
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.028	0.010
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.028	0.040
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.027	0.033
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.027	0.002
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.027	0.033
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.027	0.030
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.027	0.026
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.027	0.024
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.027	0.024
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.027	0.002
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.027	0.034
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.027	0.030
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.027	0.034
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.027	0.005
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.027	0.016
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.027	--
11965	Cauliflower, green, raw	64.0	1.0 cup	0.027	0.022
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.027	0.030
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.027	0.010
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.027	0.022
18177	Cookies, molasses	28.35	1.0 oz	0.027	0.034
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.027	0.030
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.027	0.026
18106	Coffeecake, fruit	28.35	1.0 oz	0.027	0.028
18172	Cookies, gingersnaps	28.35	1.0 oz	0.027	0.034
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.027	0.022
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.027	0.022
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.026	0.015
09139	Guavas, common, raw	165.0	1.0 cup	0.026	--
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.026	0.037
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.026	0.032
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.026	0.030

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.026	0.028
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.026	0.031
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.026	0.018
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.026	0.034
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.026	0.034
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.026	0.022
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.026	0.022
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.026	0.019
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.026	0.029
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.026	0.024
18021	Bread, boston brown, canned	28.35	1.0 oz	0.026	0.033
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.026	0.029
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.026	0.015
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.026	0.032
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.026	0.021
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.026	0.021
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.026	0.018
11124	Carrots, raw	128.0	1.0 cup chopped	0.026	0.106
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.026	0.019
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.026	0.009
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.025	0.028
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.025	0.030
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.025	0.013
11297	Parsley, fresh	60.0	1.0 cup chopped	0.025	0.008
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.025	--
09277	Plantains, raw	148.0	1.0 cup, sliced	0.025	0.030
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.025	0.030
18217	Crackers, matzo, plain	14.2	0.5 oz	0.025	0.032
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.025	0.010
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.025	0.010
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.025	0.009
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.025	0.015
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.025	0.017
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.025	0.014
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.025	0.007
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.025	0.016

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.025	--
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.024	0.044
11080	Beets, raw	136.0	1.0 cup	0.024	0.026
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.024	0.033
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.024	0.020
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.024	0.014
09110	Goji berries, dried	28.0	5.0 tbsp	0.024	0.040
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.024	0.019
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.024	0.019
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.024	0.019
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.024	0.019
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.024	0.029
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.024	0.029
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.024	0.007
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.024	0.014
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.024	0.027
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.024	0.014
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.024	0.037
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.024	0.008
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.024	0.024
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.024	0.031
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.024	0.018
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.024	0.013
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.024	0.012
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.024	0.010
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.024	0.031
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.024	0.014
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.024	0.028
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.024	0.020
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.024	0.010
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.024	0.026
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.024	0.027
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.023	0.027
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.023	0.030
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.023	0.032
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.023	0.019

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.023	0.018
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.023	0.032
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.023	0.018
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.023	0.003
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.023	0.018
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.023	0.032
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.023	0.032
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.023	0.019
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.023	0.018
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.023	0.014
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.023	0.008
18360	Taco shells, baked	12.9	1.0 shell	0.023	0.018
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.023	0.012
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.023	0.018
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.023	0.050
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.023	0.050
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.023	0.012
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.023	0.012
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.023	0.024
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.023	0.029
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.023	0.027
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.023	0.022
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.023	0.013
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.023	0.026
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.023	0.003
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.023	0.014
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.023	0.024
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.023	--
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.023	0.027
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.023	0.003
11134	Cassava, raw	206.0	1.0 cup	0.023	0.058
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.023	0.017
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.023	0.017
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.023	0.026
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.023	0.028
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.023	0.016

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.023	0.016
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.023	0.016
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.023	0.016
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.023	0.027
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.022	0.025
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.022	0.025
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.022	0.027
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.022	0.064
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.022	0.016
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.022	0.064
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.022	0.028
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.022	0.035
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.022	0.015
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.022	0.025
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.022	0.025
11520	Taro leaves, raw	28.0	1.0 cup	0.022	0.018
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.022	0.017
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.022	0.005
09059	Breadfruit, raw	220.0	1.0 cup	0.022	0.020
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.022	0.018
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.022	0.018
16112	Miso	17.0	1.0 tbsp	0.022	0.000
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.022	0.035
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.022	0.027
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.022	0.010
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.022	0.015
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.022	0.008
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.022	0.016
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.022	0.008
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.022	0.026
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.022	0.034
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.022	0.034
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.022	0.019
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.022	0.008
18171	Cookies, fortune	28.35	1.0 oz	0.022	0.026
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.021	0.017

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.021	0.017
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.021	--
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.021	0.030
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.021	0.027
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.021	0.012
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.021	0.011
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.021	0.004
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.021	0.017
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.021	0.017
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.021	0.012
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.021	0.018
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.021	0.016
01072	Dessert topping, pressurized	70.0	1.0 cup	0.021	0.003
11278	Okra, raw	100.0	1.0 cup	0.021	0.019
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.021	0.019
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.021	0.026
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.021	0.015
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.021	0.012
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.021	0.059
11518	Taro, raw	104.0	1.0 cup, sliced	0.021	0.033
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.021	0.059
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.021	0.028
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.021	0.018
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.021	0.018
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.021	0.025
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.021	0.026
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.021	0.026
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.021	0.004
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.021	0.011
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.021	0.003
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.021	0.025
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.020	0.083
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.020	0.023
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.020	0.022
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.020	0.015
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.020	0.016

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.020	0.016
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.020	0.031
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.020	0.018
09088	Elderberries, raw	145.0	1.0 cup	0.020	0.022
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.020	0.013
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.020	0.017
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.020	0.017
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.020	0.013
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.020	0.021
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.020	0.021
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.020	0.023
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.020	0.019
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.020	0.022
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.020	0.024
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.020	0.024
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.020	0.012
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.020	--
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.020	0.017
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.020	0.021
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.020	0.023
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.020	0.008
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.020	0.007
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.020	0.005
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.020	0.015
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.020	0.032
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.020	0.015
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.020	0.005
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.020	0.034
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.020	0.027
18223	Crackers, milk	14.2	0.5 oz	0.020	0.023
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.020	0.021
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.020	0.024
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.020	0.023
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.020	0.010
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.020	0.025

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.020	0.039
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.020	0.039
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.020	--
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.020	0.010
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.020	0.013
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.020	0.015
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.020	0.025
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.020	0.010
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.019	0.029
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.019	0.009
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.019	0.021
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.019	0.025
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.019	0.014
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.019	--
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.019	--
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.019	0.016
21420	KFC, Coleslaw	112.0	1.0 package	0.019	0.009
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.019	0.022
18354	Strudel, apple	28.35	1.0 oz	0.019	0.016
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.019	0.074
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.019	0.074
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.019	0.015
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.019	0.015
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.019	0.013
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.019	0.022
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.019	0.014
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.019	0.009
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.019	0.022
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.019	0.022
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.018	0.015
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.018	0.020
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.018	0.021
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.018	0.021
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.018	--
11231	Jute, potherb, raw	28.0	1.0 cup	0.018	0.011
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.018	0.025

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.018	0.028
09040	Bananas, raw	225.0	1.0 cup, mashed	0.018	0.020
11527	Tomatoes, green, raw	180.0	1.0 cup	0.018	0.029
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.018	0.033
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.018	0.022
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.018	0.021
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.018	0.008
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.018	0.028
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.018	0.015
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.018	0.030
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.018	--
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.018	0.013
09050	Blueberries, raw	148.0	1.0 cup	0.018	0.012
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.018	0.017
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.018	0.014
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.018	0.014
11241	Kohlrabi, raw	135.0	1.0 cup	0.018	0.009
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.018	0.010
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.018	--
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017	--
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.017	0.022
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.017	0.015
09164	Litchis, raw	190.0	1.0 cup	0.017	--
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.017	0.020
28292	Crackers, multigrain	14.0	4.0 crackers	0.017	0.021
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.017	0.022
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.017	0.019
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.017	--
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.017	0.013
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.017	0.013
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.017	--
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.017	0.012
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.017	0.018
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.017	--
25059	Snacks, brown rice chips	9.0	1.0 cake	0.017	0.009
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.017	0.015

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.017	0.009
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.017	0.009
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.016	0.010
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.016	0.010
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.016	0.010
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.016	0.020
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.016	0.023
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.016	0.011
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.016	0.013
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.016	0.020
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.016	0.011
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.016	0.017
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.016	0.017
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.016	0.013
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.016	0.013
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.016	0.012
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.016	0.018
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.016	--
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.016	0.012
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.016	0.022
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.016	0.014
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.016	--
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.016	0.014
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.016	0.065
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.016	0.009
19419	Snacks, corn cakes	9.0	1.0 cake	0.016	0.011
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.016	0.011
11457	Spinach, raw	30.0	1.0 cup	0.016	0.010
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016	--
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.016	0.046
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.016	0.024
09315	Soursop, raw	225.0	1.0 cup, pulp	0.016	--
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.016	0.024
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.016	0.017
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.016	0.008
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.016	0.008

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.016	0.014
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.016	0.012
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.016	0.017
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.016	0.016
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.016	0.007
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.016	0.019
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.015	0.018
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.015	0.018
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.015	0.013
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.015	0.029
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.015	0.029
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.015	0.025
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.015	0.011
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.015	0.025
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.015	0.006
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.015	0.014
18170	Cookies, fig bars	28.35	1.0 oz	0.015	0.021
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.015	0.018
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.015	0.010
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.015	0.010
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.015	0.011
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.015	0.024
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.015	0.016
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.015	0.024
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.015	0.024
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.015	0.017
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.015	0.017
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.015	0.019
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.015	0.017
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.015	0.011
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.015	0.011
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.014	0.008
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.014	0.019
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.014	0.008
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.014	0.018
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.014	0.012

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11564	Turnips, raw	130.0	1.0 cup, cubes	0.014	0.007
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.014	0.011
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.014	0.016
02033	Spices, poppy seed	2.8	1.0 tsp	0.014	0.008
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.014	0.006
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.014	0.006
11190	Cornsalad, raw	56.0	1.0 cup	0.014	0.011
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.014	0.021
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.014	0.021
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.014	0.012
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.014	0.010
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.014	0.012
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.014	0.018
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.014	0.009
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.014	--
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.014	--
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.014	--
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.014	0.012
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.014	0.012
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.014	0.015
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.014	0.000
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.013	0.010
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.013	0.018
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.013	0.011
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.013	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.013	0.000
09279	Plums, raw	165.0	1.0 cup, sliced	0.013	0.003
09176	Mangos, raw	165.0	1.0 cup pieces	0.013	--
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.013	0.014
11963	Nopales, raw	86.0	1.0 cup, sliced	0.013	0.007
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.013	0.011
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.013	0.003
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.013	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.013	0.015
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.013	0.027
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.013	0.027

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.013	0.014
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.013	0.019
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.013	0.014
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.012	0.018
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.012	0.018
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.012	0.016
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.012	0.011
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.012	0.017
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.012	0.017
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.012	0.020
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.012	0.020
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.012	0.011
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.012	0.006
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.012	0.015
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.012	0.014
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.012	0.009
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.012	0.006
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.012	0.009
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.012	0.022
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.012	0.011
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.012	0.003
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.012	0.014
11161	Collards, raw	36.0	1.0 cup, chopped	0.012	0.009
11429	Radishes, raw	116.0	1.0 cup slices	0.012	--
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.012	--
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.012	0.014
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.011	0.012
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.011	0.009
19081	Candies, sweet chocolate	28.35	1.0 oz	0.011	0.014
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.011	0.018
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.011	0.016
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.011	0.004
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.011	0.005
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.011	0.008
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.011	0.008
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.011	0.006

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.011	0.017
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.011	0.017
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.011	0.010
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.011	0.010
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.011	0.010
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.011	0.031
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.011	0.015
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.011	0.020
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.011	0.020
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.011	0.010
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.011	0.007
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.010	0.008
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.010	0.018
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.010	0.008
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.010	0.018
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.010	0.011
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.010	--
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.010	0.011
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.010	0.012
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.010	0.008
11003	Amaranth leaves, raw	28.0	1.0 cup	0.010	0.008
18323	Pie, peach	28.35	1.0 oz	0.010	--
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.010	0.026
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.010	0.007
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.010	0.007
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.010	0.004
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.010	--
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.010	--
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.010	0.005
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.010	0.007
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.010	0.014
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.010	--
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.010	0.012
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.010	0.008
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.009	0.003
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.009	0.005

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
09021	Apricots, raw	155.0	1.0 cup, halves	0.009	0.005
09326	Watermelon, raw	154.0	1.0 cup, balls	0.009	0.003
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.009	0.015
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.009	0.015
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.009	0.011
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.009	0.011
19524	Snacks, taro chips	28.35	1.0 oz	0.009	0.014
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.009	0.005
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.009	0.008
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.009	0.008
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.009	0.013
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.009	0.028
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.009	0.004
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.009	0.004
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.009	0.007
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.009	0.007
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.009	0.011
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.009	0.005
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.009	0.009
09191	Nectarines, raw	143.0	1.0 cup slices	0.009	0.007
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.009	0.008
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.009	0.008
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.008	--
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.008	0.005
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.008	--
21416	POPEYES, Coleslaw	120.0	1.0 package	0.008	0.012
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.008	--
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.008	0.007
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.008	0.022
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.008	0.006
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.008	0.013
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.008	0.012
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.008	0.012
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.008	0.003
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.008	0.005
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.008	0.016

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.008	0.011
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.008	0.016
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.008	--
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.008	0.005
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.008	0.005
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.008	0.005
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.008	0.010
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.008	0.005
20027	Cornstarch	128.0	1.0 cup	0.008	--
20003	Arrowroot flour	128.0	1.0 cup	0.008	--
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.008	0.005
02005	Spices, caraway seed	2.1	1.0 tsp	0.008	0.007
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.008	0.015
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.008	0.005
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.008	0.001
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.007	0.012
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.007	0.005
09206	Orange juice, raw	248.0	1.0 cup	0.007	0.012
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.007	0.017
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.007	0.005
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.007	0.005
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.007	0.004
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.007	0.005
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.007	0.006
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.007	0.005
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.007	--
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.007	0.008
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.007	0.005
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.007	0.003
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.007	0.006
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.007	0.004
11147	Chard, swiss, raw	36.0	1.0 cup	0.007	--
11086	Beet greens, raw	38.0	1.0 cup	0.007	0.008
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.007	0.005
19400	Snacks, banana chips	28.35	1.0 oz	0.007	0.011
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.007	0.007

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11591	Watercress, raw	34.0	1.0 cup, chopped	0.007	0.002
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.007	0.024
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.007	0.024
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.007	0.015
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.007	0.013
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.006	0.006
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.006	0.007
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.006	0.008
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.006	0.021
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.006	0.012
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.006	0.003
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.006	0.004
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.006	0.005
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.006	0.005
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.006	0.008
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.006	--
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.006	0.004
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.006	0.007
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.006	0.009
09174	Loquats, raw	149.0	1.0 cup, cubed	0.006	0.009
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.006	0.007
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.006	--
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.006	0.007
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.006	--
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.006	0.008
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.006	--
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.006	0.005
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.006	0.007
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.006	0.002
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.006	0.008
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.005	0.005
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.005	--
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.005	--
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.005	0.010
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.005	--
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.005	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.005	0.007
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.005	0.007
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.005	0.008
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.005	0.007
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.005	--
11143	Celery, raw	101.0	1.0 cup chopped	0.005	0.004
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.005	0.003
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.005	0.003
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.005	--
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.005	0.004
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.005	--
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.005	--
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.005	--
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.005	0.010
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.005	--
09221	Tangerine juice, raw	247.0	1.0 cup	0.005	0.010
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.005	--
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.005	0.006
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.005	0.004
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.005	--
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.005	--
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.005	--
09160	Lime juice, raw	242.0	1.0 cup	0.005	--
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.005	0.003
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.005	0.003
09143	Guava sauce, cooked	238.0	1.0 cup	0.005	--
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.005	0.003
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.005	0.004
02028	Spices, paprika	2.3	1.0 tsp	0.005	0.005
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.005	0.004
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.005	0.005
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.004	0.001
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.004	0.003
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.004	0.006

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.004	0.009
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.004	0.005
09077	Crabapples, raw	110.0	1.0 cup slices	0.004	0.006
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.004	0.005
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.004	0.000
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.004	--
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.004	0.003
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.004	--
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.004	--
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.004	0.004
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.004	0.003
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.004	0.004
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.004	0.004
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.004	0.004
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.004	--
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.004	0.010
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.004	--
09421	Dates, medjool	24.0	1.0 date, pitted	0.004	0.011
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.004	0.000
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.004	--
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.004	--
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.004	0.008
02015	Spices, curry powder	2.0	1.0 tsp	0.004	0.004
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.004	0.004
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.004	0.008
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.004	--
02009	Spices, chili powder	2.7	1.0 tsp	0.004	0.005
11213	Endive, raw	25.0	0.5 cup, chopped	0.004	0.002
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.003	0.002
02020	Spices, garlic powder	3.1	1.0 tsp	0.003	0.008
19296	Honey	339.0	1.0 cup	0.003	0.010
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.003	--
11282	Onions, raw	160.0	1.0 cup, chopped	0.003	0.006
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.003	--
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.003	0.004
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.003	0.002

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.003	0.002
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.003	0.003
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.003	0.003
09316	Strawberries, raw	152.0	1.0 cup, halves	0.003	0.009
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.003	0.006
02016	Spices, dill seed	2.1	1.0 tsp	0.003	--
02029	Spices, parsley, dried	0.5	1.0 tsp	0.003	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.003	0.002
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.003	--
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.003	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.003	0.013
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.003	--
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.003	0.001
09252	Pears, raw	140.0	1.0 cup, slices	0.003	--
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.003	0.001
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.003	--
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.003	0.004
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.003	0.003
11151	Chicory, witloof, raw	53.0	1.0 head	0.003	--
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.003	0.013
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.003	0.010
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.003	0.013
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.003	--
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.003	--
09413	Pears, raw, red anjou	126.0	1.0 small	0.003	0.001
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.002	0.010
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.002	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.002	0.003
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.002	0.001
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.002	0.009
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.002	0.003
02026	Spices, onion powder	2.4	1.0 tsp	0.002	0.002
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.002	0.002
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.002	--
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.002	0.001
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.002	0.002

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.002	0.002
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.002	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.002	0.001
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.002	0.003
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.002	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.002	0.001
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.002	0.004
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.002	0.001
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.002	0.001
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.002	0.003
02011	Spices, cloves, ground	2.1	1.0 tsp	0.002	0.001
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.002	0.001
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.002	0.007
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.002	0.007
02021	Spices, ginger, ground	1.8	1.0 tsp	0.002	0.002
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.002	--
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.002	--
11943	Pimento, canned	12.0	1.0 tbsp	0.002	0.003
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.002	0.001
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.001	--
02066	Spearmint, dried	0.5	1.0 tsp	0.001	0.001
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.001	--
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.001	--
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.001	0.002
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.001	0.002
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.001	0.001
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.001	--
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.001	0.001
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.001	--
19303	Marmalade, orange	20.0	1.0 tbsp	0.001	0.001
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.001	0.001
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.001	0.001
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.001	--
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.001	--
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.001	--
11156	Chives, raw	3.0	1.0 tbsp chopped	0.001	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.001	0.000
09165	Litchis, dried	2.5	1.0 fruit	0.001	--
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.001	0.000
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.001	0.001
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.001	--
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.001	--
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.001	0.000
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.001	0.001
11960	Carrots, baby, raw	15.0	1.0 large	0.001	0.001
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.001	0.002
02044	Basil, fresh	2.5	5.0 leaves	0.001	0.001
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.001	0.002
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.001	0.000
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001	--
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001	--
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.001	0.001
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.001	0.001
11949	Catsup, low sodium	17.0	1.0 tbsp	0.001	--
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.001	--
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.001	--
11935	Catsup	17.0	1.0 tbsp	0.001	--
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.001	--
09173	Longans, dried	1.7	1.0 fruit	0.001	--
11145	Celtuce, raw	8.0	1.0 leaf	0.001	--
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.001	0.000
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.001	0.001
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001	0.001
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.001	0.000
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.001	0.001
11447	Sesbania flower, raw	3.0	1.0 flower	0.000	0.000
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.000	--
09172	Longans, raw	3.2	1.0 fruit without refuse	0.000	--
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000	0.003
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.000	0.001
02063	Rosemary, fresh	0.7	1.0 tsp	0.000	0.000
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.000	0.000

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.000	0.003
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.000	0.000
11216	Ginger root, raw	2.0	1.0 tsp	0.000	0.000
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000	0.002
19297	Jams and preserves	20.0	1.0 tbsp	0.000	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.000	0.000
02065	Spearmint, fresh	0.3	2.0 leaves	0.000	0.000
02045	Dill weed, fresh	1.0	5.0 sprigs	0.000	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000	--
04529	Oil, almond	13.6	1.0 tablespoon	0.000	--
02048	Vinegar, cider	14.9	1.0 tbsp	0.000	--
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000	--
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000	--
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000	--
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000	--
04055	Oil, palm	13.6	1.0 tbsp	0.000	--
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000	--
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000	--
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000	--
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000	--
04002	Lard	12.8	1.0 tbsp	0.000	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000	--
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000	--
04575	Fat, turkey	12.8	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000	--
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	0.001
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000	--
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000	--
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000	--
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000	--
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000	--
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000	--
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000	--
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000	--
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000	--
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000	--
04047	Oil, coconut	13.6	1.0 tbsp	0.000	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000	--
04576	Fat, goose	12.8	1.0 tbsp	0.000	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000	--
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000	--
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000	--
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000	--

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
04038	Oil, wheat germ	4.5	1.0 tsp	0.000	--
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000	--
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000	--
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000	--
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000	--
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000	--
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000	--
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000	--
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000	--
04528	Oil, walnut	13.6	1.0 tbsp	0.000	--
02047	Salt, table	6.0	1.0 tsp	0.000	--
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000	--
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000	--
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000	--
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000	--
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000	--
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000	--
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000	--
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.000	0.001

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	Cystine(g) Per Measure
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000	--
19018	Fruit syrup	334.0	1.0 cup	0.000	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000	--
04542	Fat, chicken	12.8	1.0 tbsp	0.000	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000	--
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.000	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000	--
04574	Fat, duck	12.8	1.0 tbsp	0.000	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	0.001
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000	--
04534	Oil, babassu	13.6	1.0 tbsp	0.000	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000	--